

Hello Hobomock Elementary Students and Families!

I hope you are all happy, healthy, and ready for some fun! I have designed weekly active lessons for you to participate in. Starting on Mondays, you will be offered two choices of lessons, a collaborative family challenge, and a "brain break," quick-move activity. I hope that you will complete at least one, however some might want to do them all. It is totally up to you! I encourage you to get outside to play and exercise as much as possible in addition to these lessons.

Let me explain the optional activities a bit more...

- I will give you two lessons, divided up by grade level, based on a general fitness topic, sport, or athlete assigned for that week.**
- The family challenge can be done with anyone who lives with you, parents, siblings, grandparents, dog...or just by yourself! You can work together or compete against each other!**
- The "brain breaks" or quick-move activities are designed to be a 5 to 10 minute activity that you can do throughout the day to get up and get moving. It is up to you when you would like to do them. You can do them as soon as you wake up, in between school work, on facetime with a friend or family member for fun, WHENEVER! WHEREVER!**

This week's fitness theme will be spelling and shape making exercises! These activities will challenge your flexibility, muscular strength and endurance in a fun creative way!

****Please send me images/videos of your creative workouts. Take a picture or short video and send it to my email.**

Stay healthy and active and know that I am here if you have questions! I am just an email away!

Ms. Noons: brittney.noons@pembrokek12.org



Fitness with Shapes, Letters, and Numbers

Video Resources:

Grades K-2:

If you are unsure or need a reminder of how to do certain exercises: [Exercise Examples 1](#)

If you are unsure or need a reminder of how to do certain exercises: [Exercise Examples 2](#)
(start at 1:30 mark)

Grades 3-6:

Fitness Dice Templates: [Blank Template](#), [Reps](#), [Time](#), [Strength](#), [Cardio](#)

If you are unsure or need a reminder of how to do certain exercises: [Exercise Examples](#)

COLLABORATIVE (FAMILY) FITNESS ACTIVITY

“Get In-Shape”



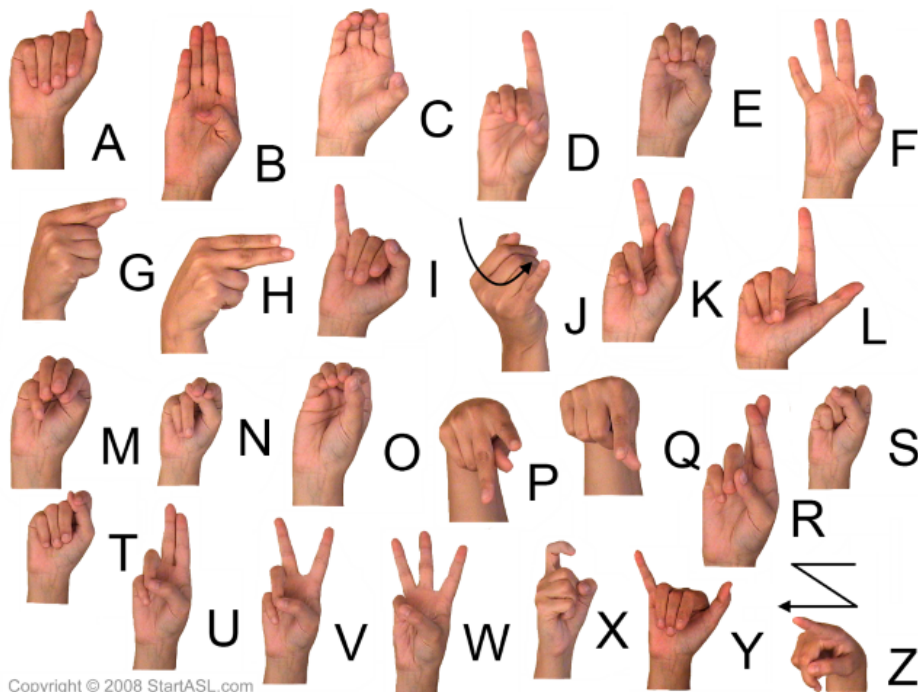
Twist, turn, bend, stretch! Using the members of your family, work together and use your bodies to spell your last name. If there are multiple last names in your family, spell them both! One letter at a time, or if you have enough people, your whole name at once. For another challenge, try shaping your address.

This may include numbers and punctuation. Take pictures, share with me!

brittney.noons@pembrokek12.org

BRAIN BREAK & QUICK MOVE

Practice another language! Use your fine motor skills to sign the ABCs. Then practice vocabulary words by spelling them out loud while signing the letters. Try your name! Or send me a message!



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GRADES K-1

Choose at least one from the list below:

Choice 1: "Workout Your Name"

-Spell your first, middle, or last name, or try all three!!

Complete the exercises in order of the letters of your name.



SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- | | |
|-------------------------------|---------------------------------|
| A 10 jumping jacks | N 10 second jump rope |
| B 5 push-ups | O 10 russian twists |
| C 1 burpee | P 5 plie squats |
| D 20 high knees | Q 10 arm circles |
| E 5 crunches | R 10 skaters |
| F 10 mountain climbers | S 10 second jog in place |
| G 5 squats | T 10 butt kickers |
| H 10 front lunges | U 5 inchworms |
| I 10 side lunges | V 5 tricep dips |
| J 10 second wall sit | W 3 star jumps |
| K 5 calf raises | X 5 bird dogs |
| L 5 second plank | Y 10 leg raises |
| M 3 squat jumps | Z 5 squat jacks |

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Choice 2: Make the letters of the alphabet using your body. (link below)

[ABC Alphabet Letters with Human Body. Learn Alphabet for Kids](#)

Choice 3: Complete the exercises on the video all while calling out the numbers that pop up on the screen. See how quick you can recognize the numbers 0-31 and try not to stop your exercise, until you switch to the next exercise.

Challenge: repeat x3 (link below)

[Numbers 0-31](#)

GRADES 2-3

Choose at least one from the list below:

Choice 1: "Workout Your Name"

Spell your first, middle, or last name, or try all three!!

Complete the exercises in order of the letters of your name.



SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

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| K 5 calf raises | X 5 bird dogs |
| L 5 second plank | Y 10 leg raises |
| M 3 squat jumps | Z 5 squat jacks |

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Choice 2: Fitness Dice

Follow the video, or make your own fitness dice with exercises, numbers and times. Move on your own for at least 25 minutes or follow the 45 minute video. (link below)

[enerGEEwhizz kids fitness Roll The Dice Workout](#)

(dice template and directions in resource links)

GRADES 4-6

Choose at least one from the list below:

Choice 1: "Workout Your Name"

Spell your first, middle, or last name, or try all three!!

Complete the exercises in order of the letters of your name.

YOUR FULL NAME IS THE WORKOUT!! -Repeat if Needed	
A	50 Jumping Jacks
B	20 Crunches
C	30 Squats
D	15 Push-ups
E	1 min. Wall Sit
F	10 Burpees
G	20 Plyo Lunges
H	20 Jump Squats
I	30 Jumping Jacks
J	1 min Plank
K	10 Pushups
L	20 Tricep Dips
M	20 Burpees
N	25 Burpees
O	40 Jumping Jacks
P	15 Plyo Lunges
Q	30 Crunches
R	15 Push-ups
S	30 Jump Squats
T	15 Burpees
U	30 Tricep Dips
V	2 min Wall Sit
W	50 Calf Raises
X	60 Jumping Jacks
Y	2 min Plank
Z	20 Push-ups

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(dice template and directions in resource links):