

Physical Education

3rd, 4th, and 5th Grade

Week of April 20-24, 2020

Coach Keiper

Trinity Eagles - gosh I am missing you! I continue to pray we can return to school in May!

1. Carve out some time each day - 30 to 60 minutes. This can be broken up into 3 to 6 times of 10 minutes each. Get up and get moving throughout your day! Other ideas to get you moving other than the assignment below: ride bike, family walk, exercises from the last weeks of PE.
2. **Warm up** first - could be a jog around the block or jogging in place, something to get your heart rate up a bit.
 - a. Try this video: [Fast Break 2](#)
3. **Strengthen your muscles:** push ups, sit ups, crunches, lunges, burpees, crab dips, toe touches, etc. We do 3 of these as part of our warm up at the beginning of class.
4. **Activity:**
 - a. Click on the following link for a review and learn a couple new jump rope tricks. You can use a jump rope but if you don't have one just pretend. [JumpRopeTricks](#)
 - b. Try some TABATA fitness. TABATA is done with a 20-second on and 10-second rest cycle. You do 8 cycles in 4 minutes for 1 Tabata. This can be done focusing on one area of the body or can be a mixture.
 - i. Click [Here](#) for further explanation and for several example tabata routines that can be done (jumping jacks, planks, and legs) as well as 3 mixed routines. Scroll through to find them all. Then there is a blank one where you can create your own. There is a video for each exercise if you need to see what it is.
 - ii. You can find a timer [Here](#). You can alter the timer using the + and - symbols. Click in the box for work, rest, cycle, or tabata and then use the + or - buttons to increase or decrease. Start with 1 tabata and see if you like it. Then you may want to do more than one - jumping jacks tabata followed by the plank tabata.
5. Remember to include movement throughout your day. Whenever you are feeling tired, or have spent too much time on your couch, or need to take a brain break during your school work, click on the following link: [Fit-boost](#) Then click "Let's Go!" and see what 3 warm up, move, and cool downs you get. It will time you 1 minute for each. When done, click "try again" and see what 3 different options come up.
6. Make sure to stay hydrated - drink lots of water and eat good foods to stay healthy!

I hope you are doing well, eating healthy, being active, and doing your part to help us all get rid of this Coronavirus! I love you and miss you! I am praying for health and peace for you and your family!

Coach Keiper