

## Elementary Health and P.E.

Complete as many squares as you can! Take a picture of your scorecard to send to your PE teacher to share!

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: center;"><b>Play Rock Paper Scissor with a family member.</b></p> <p>If you win = Dance for 30 seconds</p> <p>If you tie = Walk like a crab for 30 seconds</p> <p>If you lose = Do 10 push-ups</p> <p><b>Suggestions:</b><br/> <b>Play multiple rounds</b><br/> <b>Make up your own game</b></p>                                                                                                                                                                                                                                                                                               | <p style="text-align: center;"><b>Food Label Frenzy</b></p> <p>Find a Food Label on the side of a box of food. How many <b>Sugars</b> do you see? Do that many jumping jacks (example 26 grams, do 26 jumping jacks)</p> <p>How many <b>Carbohydrates</b>? Do that many push ups</p> <p>How much <b>Fat</b>? Do that many crunches or sit-ups</p> <p>How much <b>Protein</b>? Do that many Mountain climbers</p> <p>Repeat this activity with 2-3 other food labels.</p> | <p style="text-align: center;"><b>Mindfulness Matters</b></p> <p><b>Perform Hot Chocolate Breathing for 10-15 minutes</b></p> <ul style="list-style-type: none"> <li>-Lay down</li> <li>-Relax your body</li> <li>-clear your mind</li> <li>-Smell the Hot Chocolate (breathe in through your nose)</li> <li>-Cool off the Hot Chocolate (Exhale/Breathe out through your mouth)</li> <li>-Repeat</li> <li>-While doing this deep breathing, imagine you are at your favorite place.</li> </ul> |
| <p style="text-align: center;"><b>Set The Menu!</b></p> <p>Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p> <p>Be sure to include the 5 food groups!</p> <p><b>GRAINS</b><br/> <b>VEGETABLE</b><br/> <b>FRUITS</b><br/> <b>PROTEIN</b><br/> <b>DAIRY</b></p> <p>Don't forget to drink your water too!</p>                                                                                                                                                                                                                                                  | <p style="text-align: center;"><b>Free Space!</b></p> <p>**Additionally, Students are encouraged to participate in 20-30 minutes of moderate to vigorous physical activity daily.</p> <div data-bbox="873 753 1222 922" data-label="Image"> </div>                                                                                                                                                                                                                       | <p style="text-align: center;"><b>Active for 60 minutes everyday!</b></p> <p><b>Do 60 exercises!</b></p> <ul style="list-style-type: none"> <li>10 jumping jacks</li> <li>10 push-ups</li> <li>10 mountain climbers</li> <li>10 Crunches or Sit-ups</li> <li>10 Lunges</li> <li>10 Burpees or Jumps</li> </ul> <p>Extension:<br/>         Can you create your own series of exercises?<br/>         Can you repeat?</p>                                                                         |
| <p style="text-align: center;"><b>Physical Fitness Challenge</b></p> <p><b>Arm Muscular Strength</b></p> <p>Hold your arms straight out to your side and see how long you can stay in this position. Write down your time.</p> <p><b>Plank Muscular Endurance</b></p> <p>Hold a plank position (elbows or push-up style) and aim for the amount of minutes in your grade level ( Example 1st = 1 minute)</p> <p><b>Jog in Place (Cardiovascular Endurance)</b></p> <p>How long can you jog in place without stopping? Aim for the amount of minutes in your grade. Example 4th = 4minutes. Write down your time.</p> | <p style="text-align: center;"><b>Teach hand washing skills to family members</b></p> <p>From the CDC:</p> <ol style="list-style-type: none"> <li>1. Wet hand with clean water</li> <li>2. Lather and scrub- sing the happy birthday song twice</li> <li>3. Rinse with clean water</li> <li>4. Dry-Using a clean towel or air dry.</li> </ol> <p>Extension: Create a poster and hang in your home.</p>                                                                   | <p style="text-align: center;"><b>Create your OWN Physical Education Warm-up</b></p> <p>Design a warm-up that could be done in your living room, basement, family room, back yard or anywhere in your house that is safe</p> <p>Once you have it written out or drawn out on a piece of paper then teach to a family member(s)</p> <p>Use ideas from your Physical Education teacher.</p> <p>If you cannot create one then teach your family one that you learned in class.</p>                 |

