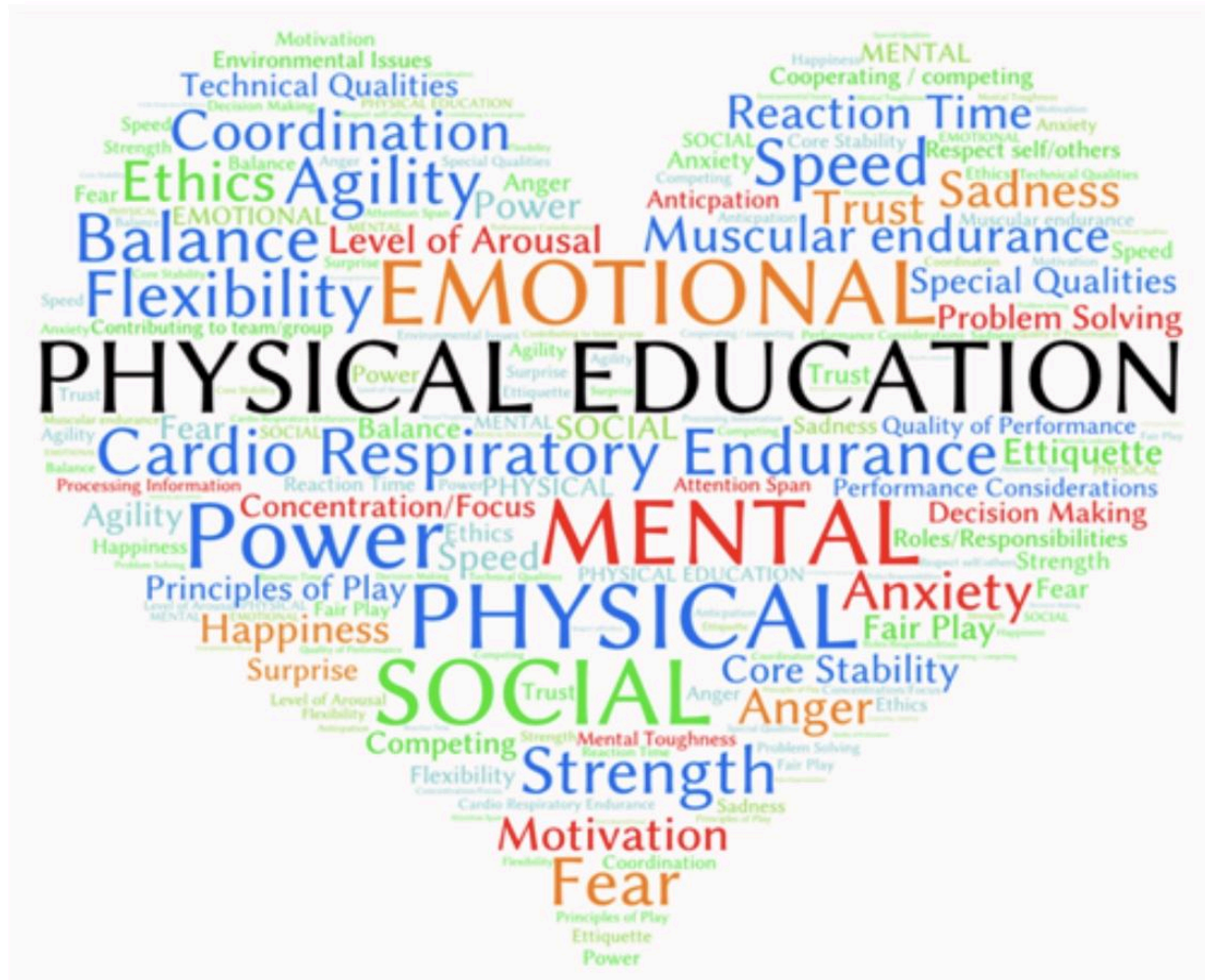


Phys Ed: Mrs. Eldridge's Page



[Egg er cise egg hunt](#)

[BOKS_Burst_at_Home.pdf](#)

[Flip it exercise challenge](#)

[Neighborhood scavenger hunt](#)

[2 by 2 Fitness](#)

[Tabata week 2 with Mrs. Eldridge](#)

PE activities for April 26-May 1st

Fitness testing for grades 3-8 (we don't test k-2, however they can always practice!) is optional this spring, if you want, you can participate and record your scores and send them to me! I would love to see your results!! leldridge@maplerun.org. Remember do your best and your best will do!!

[April DEAM calander](#)

[Fitnessgram standards](#)

[PACER TEST Practice](#)

[PUSH UP Practice](#)

[Proper form for the fitnessgram push up](#)

[CURL UP practice](#)

[Proper form for the Fitnessgram curl up](#)

[plank challenge](#)

[plank challenge](#)

PE for May 4th -8th

It's our 2nd week of optional fitness testing! Challenge yourself, see if you can meet the standards! Challenge your parents! Are they in the healthy fitness zone? Send me your results! I would love to see the progress! Do your best and your best will do!

[May the 4th be with you tabata](#)

[This weeks tabata](#)

Champion mode - Do this tabata 2x this week , Pro mode - do this tabata 3x this week, Beast mode - Do this tabata 5x this week! Good luck! I forgot to give my guest performer credit, she's my sister a Wildcat alum!

[May DEAM calander](#)

[Plank challenge](#)

Do this challenge and record it or make up your own! I'd love to see your videos!

leldridge@maplerun.org

[Fitnessgram standards](#)

Modify the PACER to fit your space it can be 15 or 20 meters

[PACER TEST Practice](#)

[PUSH UP Practice](#)

[Proper form for the fitnessgram push up](#)

[CURL UP practice](#)

[Proper form for the Fitnessgram](#)

Physical Education May 11-15

Hi it is our last week of Optional Fitness testing. This week it is make up tests You can do any test over and you always keep the best score.

There's still time to email me your results!! Just a reminder fitness testing is optional this spring! Also this weeks PE challenge is to create your own obstacle course! Use things and objects around your house to build an obstacle course. You can challenge yourself by racing one of your friends or family members, or time yourself. Email me a video of your course. I've attached some samples! Good luck. I look forward to seeing your videos! leldridge@maplerun.org

[Create your own obstacle course sample 1](#) (sorry about the lack of editing) bouncey house optional!

[Create your own obstacle course sample 2](#)

(starring Mrs. Bates children)

May 18-22nd Physical Education-

Hi Wildcats! This week it is suppose to be a gorgeous week! GET OUTSIDE! If you didn't create an obstacle course last week, try it again

this week and send me those videos leldridge@maplerun.org. You could also play some 4 square with your friends and family,

[How to play 4 Square](#)

[Wildcats Alumni Tabata](#)

Champion mode - Do this tabata 2x this week , Pro mode - do this tabata 3x this week, Beast mode - Do this tabata 5x this week! Good luck! My parents are 72 years young! No excuses! You got this! Do your best and your best will do!

Physical Education ideas for May 25th-29th

Hi PE students! This week I've posted a bunch of tag games, now that is safe to be with more people, try these games out side with your neighborhood friends or family! If you would like, email me leldridge@maplerun.org a list or a video of the tag games you tried! Or you could make up your own tag game and when it's safe to be back at school we could try it in a real PE class! Good Luck!

[Tag games](#)

Physical Education assignment for June 1st- 5th is to create your own Tabata with your friends, family or by your self and send them to me! leldridge@maplerun.org Who knows, maybe we will do Your Tabata in class! You can do any kind of activity you want, just remember it has to be 20 secs of activity and 10 secs of rest for 8 rounds, a total of 4 minutes! Some ideas for your Tabata could include exercises or sports activities, get creative and have fun! You can find tabata music on Youtube or if you have apple music theres is a lot of tabata music to choose from! If you need Tabata examples look at previous PE lessons, I've done a few with my family! Have fun and I miss you all!

[June DEAM calendar](#)

