

P.E. Class (3/30-4/3)

Welcome to week 3 of challenges in staying active. I hope you are all doing well and staying healthy, and also I miss seeing everyone's smiling faces. If you have a chance, take a picture of you taking part in one of these activities. You can share it with your classroom teacher or send the picture to Mr. Jager or Mr. Pfahler's email, depending on who you have a teacher. Like the last two weeks, I have set up 4 challenges each week for you to complete. If there is a challenge you can't complete, and you can only finish 2 out of the 4, that is alright. My main goal for you is to stay active and stay safe. 30 to 60 minutes of activity a day is our daily objective, but you may have to be creative in completing this objective. I hope these challenges help you out, and I am really looking forward to seeing you when school resumes.

Challenge 1- Hallway Bowling: Get ready to head to the lanes in your own house.

1. Find some empty plastic water bottle or use whatever containers you have around the house. A real bowling alley has ten pins, but six works fine for an at-home game.

2. If the bottles topple too easily, filling with a little bit of water will anchor them better.

3. Set up in a triangle at the end of a hall or against a wall.

Game Play-

- Pick a number of rounds to play. Ten is Traditional
- Each turn the player gets two tries to knock down all the pins. Each pin knocked down is worth one point.
- If you knock all the pins down in one throw that's a strike and ends your turn, but your next two throws double.
- If you bowl a spare, knocking down all the pins using both your bowls, your next one bowl counts double.
- Whoever has the highest score at the end of the round wins.

Challenge 2 - Bean Bag Challenge (you may substitute with a softer ball or stuffed animal)

Click on the link below to see if you can complete each challenge with the bean bags (softer ball or stuffed animal). (openphysed.org)

<https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf>

- Locomotor Moves
- Toss and Try
- Super Moves

- Balancing Act
- Slow and Fast
- Target Practice

Challenge 3 Positive Vibes with Yoga: Make sure you have some space to balance and stretch.

Strengthen Your Focus (gonoodle.com): <https://www.youtube.com/watch?v=0vuaCHEAs-4>

Follow Frank the Frog (CosmicKids.com): https://www.youtube.com/watch?v=TY8xx7c6_z0

Challenge 4 Charades: Get ready to move as you play 2 different types of Charades- Letter and Word Charades. Be creative and have fun.

LETTER CHARADES

Game Set-Up

- Designate 1 player to be the actor (the youngest goes first).
 - All others are the guessers.
 - Stand 10 feet away from the actor, with all guessers at least 6 feet apart. Game Instructions •
- The object of Letter Charades is for the guessers to call out the letter that the actor is demonstrating using movements.
- Actors cannot speak or make sounds — only movements.
 - Choose a letter from the list below. You cannot choose a letter that has already been used in this game today.

Letter List A C E F H I J K L O P Q T U V X Y

WORD CHARADES

Game Set-Up

- Designate 1 player to be the actor (the oldest goes first).
- All others are the guessers. • Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

Game Instructions

- The object of Word Charades is for the guessers to call out the word that the actor is demonstrating using movements.
- Actors cannot speak or make sounds — only movements.
- Choose a word from the list below. Do not choose a word that has already been used in this game.

- Be creative! Can you think of a fun and appropriate word to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

Word List Toothbrush Car Apple Remote Control Bubblegum Popcorn Bus Airplane

*** May add your own words***