



Physical Education

Directions:

Students should engage in physical activity once a day, every other day or at least the day they were going to have physical education class.

There are three activities to pick from below, any other activities you can do on your own are great as well. Do your best and don't sweat the rest!

Remember you can check your heart rate after you are done.

Families are encouraged to assist in the following ways:

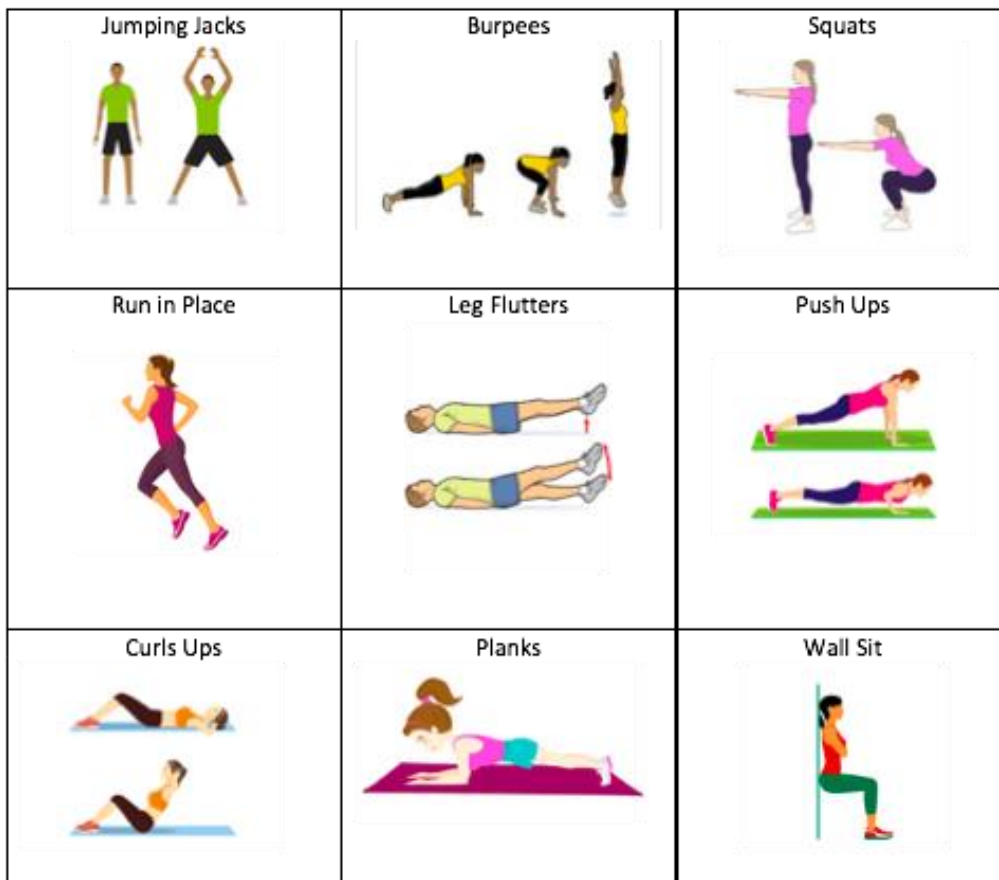
- Make a plan with your child to complete lessons daily.
- Provide a space and time for your child to complete this work
- Help your child with the directions and completing the activities.
- Encourage your child to persevere as they work toward completing each activity.

Activities:

Option 1: Fitness (page 2)
Option 2: Jumping (page 3)
Option 3: Animal Movements (page 4)
How to find your heart rate (page 5)

Fitness Activities

Choose five activities to perform. Perform each activity for 30 seconds. Repeat three times through.



Activity Guide:

*For activities we haven't done very much

Burpees - Start like a push up and then jump straight up in the air

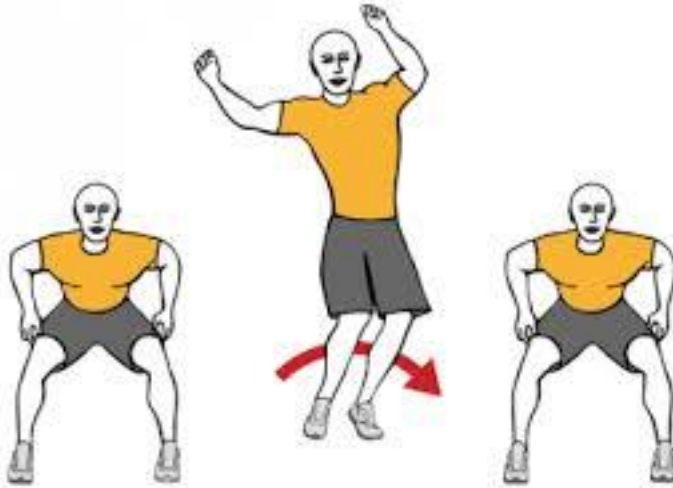
Leg Flutters - Lay on back, keep legs straight, lift legs up and down like you are swimming

Curl Up - A sit up

Jumping Activities

(do each jump 10 times, go through three times)

1. Jump up and down (Like you are using a jump rope)
2. Jump side to side



3. Jump forward (like a kangaroo)



4. Hop on one foot
5. Lunge Jumps



SEAL



belly and legs on floor,
pull body with hands

INCHWORM



on hands and feet -
walk feet to hands, then
walk hands out

HORSE



gallop or skip

DINOSAUR



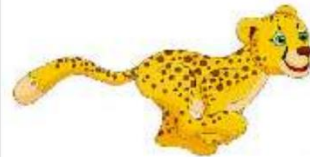
big wide steps

BIRD



walk while flapping arms

CHEETAH



run really fast

KANGAROO



long, big jumps

BEAR



heavy/slow, on
hands and feet

FROG



crouch low to ground,
use hands to push off

ELEPHANT



stomp feet, and
use arm as trunk

SNAKE



slither on belly

GIRAFFE



walk on tip toes,
reaching for sky

Choose five activities to perform. Perform each activity for 30 seconds. Repeat three times through.

How do I find my heart rate??

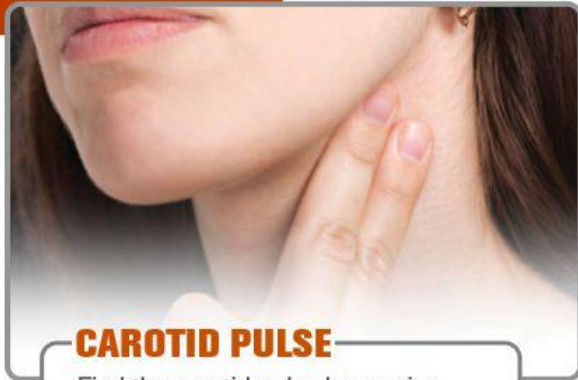
Place the tips of the index and middle fingers over the artery and press lightly.

Do not use the thumb because it has a pulse of its own.



RADIAL ARTERY

The radial artery is on the wrist, in the groove just below the thumb.



CAROTID PULSE

Find the carotid pulse by running your fingers alongside the outer edge of your trachea (windpipe).

Count each beat for 6 seconds and add a 0 to the number.

