

Physical Education -3rd-5th

Parents and students, Following is a physical activity log for the next two weeks. You can choose the exercises you do, however, we want you to do some from each of the fitness components: cardiovascular endurance, muscular strength and endurance, and flexibility. If you need some exercise ideas you can go to: darebee.com. A great source with explanations. You can also use activities from the last two weeks: Double or Nothing, One & Done, Tabata and the Daily Challenges.

Exercises do not need to be done all at one time. They can be split into 15 or 20 minute segments, (just an example). There is also a fitness Bingo activity that you can include on your fitness log. Complete as many squares as you can. We want you to take a break from the computers and books and exercise your body! Remember, healthy people are better learners!

Coach Brown & Coach Ford

Here are some resources for fitness, health, and nutrition: www.fitnessbblender.com
www.gonoodle.com www.nourishinteractive.com www.kidshealth.org www.hhph.org

B	I	N	G	O
Do 12 Jumping Jacks during a commercial break for an entire tv show	Toss and catch a ball by yourself for 10 minutes (can use a paper or sock ball)	Do a Two minute dance party	Tell a family member 5 fruits you like to eat	Toss and catch a ball with a friend or family member
Write down a new sport or activity you would like to try	Kick a ball with a friend for 10 minutes	Find a flight of stairs and walk it 3 times (or jog in place)	Do 20 sit ups or curl ups	Create a dance to your favorite song
Watch an episode of Cosmic Kids on Youtube	Dribble a basketball for 10 minutes (can use any ball)	Free Play a Game!	Balance on your bottom for 10 seconds. Repeat 3 times	Dribble a basketball and practice counting in Spanish
Find an app that requires exercise	Stretch your legs for 5 min.	Jump rope 40 seconds and rest for 20 seconds (3 times) (can use invisible rope)	Do a plank and hold for 10 seconds. Rest and repeat 3 times)	Roll and go! Roll ball, run to get it, bring it back to your start point.
Watch an episode of Cosmic Kids on Youtube	Check with a parent first, and then practice a handstand or cartwheel	Balance while a commercial is on tv (airplane, tree pose, 5 point star)	Play toss, bounce, catch with a friend or family member	Go on a walk for 30 minutes and look at plants that are blooming

Name:

Dates: March 30-April 12

Weeks 3 & 4	Type of exercises	Time (try for 60 minutes)	Parent Signature (ink only)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			