

PHYSICAL EDUCATION SUMMER RESOURCES

HERE A LIST OF MANY THINGS YOU CAN DO OVER THE SUMMER BOTH INDOORS OR OUT! TRY TO GET OUTDOORS OFTEN AND ENJOY THE BEAUTIFUL SUNNY WEATHER AS MUCH AS YOU CAN! BE SAFE WHEN PLAYING OUTSIDE!



Mission Possible - Task Sheet

Complete	Missions
	Do 8 sit-ups in each corner of the room.
	Skip one lap around the room.
	Do 12 jumping jacks.
	Touch all 4 walls of the room.
	Hop on one foot from one end of the room to the other.
	Do 15 pretend basketball shots. Nothing but net!
	Crab walk and touch 3 chairs
	Jog on the spot and sing "Row, Row, Row Your Boat".
	Pretend to jump rope for 1 minute.
	Do a wall push-up on each wall in the room.
	Do any dance move for 30 seconds.
	Complete 20 bunny hops.
	Grapevine or shuffle across the room and back 2 times.

Complete these tasks alone or do missions together as a team. Complete the missions in any order.

When you are done with the missions, do a star jump and yell "Mission Accomplished!"

July Fitness Calendar

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>DIRECTIONS Complete at least 4 to 5 days each week</p>	<p>Don't Forget! Circle the number of each day that you do the activities!</p>	<p>I hope you have a great time doing this exercise calendar.</p>	<p>1 Do 10 Push ups.</p>	<p>2 Jog in place while you name as many fruits and vegetables.</p>	<p>3 Stretch and reach as high as possible ten times.</p>	<p>4 Do 10 Push ups.</p>
<p>5 Go play outside with your family or friends then come back in and read a book.</p>	<p>6 Go crab walk around a room during a commercial of your favorite television show!</p>	<p>7 Do a push-up for each letter in the words <u>MILK</u> and <u>CALCIUM</u></p>	<p>8 Go walk with an adult for 30 minutes</p>	<p>9 Throw and catch a ball with a friend or an adult.</p>	<p>10 Go play outside with your family or friends then come back in and read a book.</p>	<p>11 Go crab walk around a room during a commercial of your favorite television show!</p>
<p>12 Do a push-up for each letter in the words <u>MILK</u> and <u>CALCIUM</u></p>	<p>13 Create a karate air-kicking and air-punching demonstration to music.</p>	<p>14 Balance on one foot while reading a page from a book. Read page 2 on the other foot.</p>	<p>15 Walk from room to room while balancing a book on your head!</p>	<p>16 Jog in place for one minute. Rest. Jog for 30 seconds more.</p>	<p>17 Go for a bike ride for at less 30 minutes.</p>	<p>18 Ask a parent to go for a bike ride or take a walk. The longer the better!!</p>
<p>10 Go dribble a ball!!</p>						
<p>19 Challenge a parent to a sprinting race.</p>	<p>20 Go play a game of basketball.</p>	<p>21 Who in your family can do the most sit ups?</p>	<p>22 Get help totaling the calories in a snack you ate. Do that many jumping jacks.</p>	<p>23 What is your 60 second sit-up record? Try #1 _____ Try #2 _____</p>	<p>24 Do 5 push-ups next to a partner.</p>	<p>25 Throw and catch a ball with an adult.</p>
<p>26 Do 10 Push ups.</p>	<p>27 Jog in place while you name as many fruits and vegetables.</p>	<p>28 Stretch and reach as high as possible ten times.</p>	<p>29 How fast can you hop from room to room with a penny on one foot?</p>	<p>30 Using a racket what is your record for most times bouncing a ball in the air?</p>		

Yoga for home

<p>1 Mountain Pose</p> 	<p>4 Tree Pose</p> 	<p>7 Hop 5 times one foot, then other. Repeat</p> 	<p>10 Child's Pose</p> 
<p>2 Plank Pose</p> 	<p>5 Scissor Jumps</p> 	<p>8 Downward Dog Pose</p> 	<p>11 Frog Jumps</p> 
<p>3 Jumping Jacks</p> 	<p>6 Airplane Pose</p> 	<p>9 Run in place</p> 	<p>12 Cobra Pose</p> 

Name Fitness

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Jumping Jacks



A, J, Q, Z

CRUNCHES



B, I, Q, R

RUSSIAN TWIST



C, K, S

WALL SIT



D, L, T, X

RUNNING IN PLACE



E, M, U

HIGH KNEES



F, N, V

BURPEES



G, O, W

SHOULDER TOUCHES



H, P, Y

HAPPY SPELLING!

#PEatHome- Elementary Dance

Just Dance- XBOX One, Nintendo Switch, PS4, Youtube Search- Youtube Just Dance

Old Town Road (Remix) https://youtu.be/_g4CYKBN9L0

High Hopes <https://youtu.be/dovTbPkyQO4> Funky Robot <https://youtu.be/NaOHcn0DJKM?t=16>

YMCA <https://youtu.be/YCDCwuGcEmA?t=10> Gummy Bear Song
https://youtu.be/KVE-T2_vLpY?t=15

GoNoodle Videos Gonoodle.com or Youtube Search- GoNoodle

Examples Koo Koo Kangaroo- Get Yo Body Movin <https://youtu.be/fpD9kRyBn8o>

Koo Koo Kangaroo- Get Loose <https://youtu.be/if8qfVjVFc8>

Trolls- Can't Stop the Feeling <https://youtu.be/KhfkYzUwYFk>

TeachPhysEd Dance Videos TeachPhysEd.weebly.com or Youtube

Example

24K Magic <https://youtu.be/BbD8l6sJGYI> Shut up and Dance
<https://youtu.be/EuuLAU34aus>

OPEN Dance Videos Openphysed.org or Youtube

Example

Brandon Herwick- Space Jam <https://youtu.be/z0evAuWFIPs>

Brandon Herwick- September <https://youtu.be/IU6ZXl6Ygl0>

Other Youtube Videos Search Youtube

Example

Whip Nae Nae Elementary Cardio <https://youtu.be/6b-2wEkhOnk> Scott Williams- Let's
Get Ridiculous <https://youtu.be/f0ZpIPAW5rA>

How to Cupid Shuffle https://youtu.be/5_srg-18Fz0 Cha
Cha Slide- Animation <https://youtu.be/LkzR1GSLcHM>

Interlude Dance <https://youtu.be/8uQKy8bk8TM>

Directions: Check off the activities that you have completed each day by putting the date that completed the exercise.

Goal: Perform a minimum of 3-5 activities per day. Exercises can be completed more than once. Put the date you completed it in the box.

<input type="checkbox"/> Go jogging 20 minutes	<input type="checkbox"/> Do 20 burpees	<input type="checkbox"/> Do 20 curl ups
<input type="checkbox"/> Eat 2 veggies in 1 day	<input type="checkbox"/> Dance 20 minutes	<input type="checkbox"/> Do 20 reach jumps x 2
<input type="checkbox"/> Walk with a pet/parent/sibling for a 20 minute walk	<input type="checkbox"/> Watch TV for only one hour per day and do a wall sit during every commercial.	<input type="checkbox"/> Add your own exercise
<input type="checkbox"/> Ride your bike, for 20 minutes	<input type="checkbox"/> Do 60 second wall sit x 2	<input type="checkbox"/> Jog high knees in place 20 second 3 times
<input type="checkbox"/> Play with a hula hoop 20 minutes	<input type="checkbox"/> Video chat with a friend while doing 25 Jumping Jacks	<input type="checkbox"/> Do 20 jumping jacks x2
<input type="checkbox"/> Walk for 20 minutes or run for 10 minutes	<input type="checkbox"/> Plank for 25 seconds x2	<input type="checkbox"/> jump as high as you can 20 times
<input type="checkbox"/> Dribble a ball 10 minutes, practice with different hands	<input type="checkbox"/> Shoot a ball 20 minutes	<input type="checkbox"/> go for a walk with a family member for 53 minutes
<input type="checkbox"/> Jump rope 20 minutes	<input type="checkbox"/> Do Arm Circles for 20x each direction	<input type="checkbox"/> Leg raises x20 each leg
<input type="checkbox"/> V-Sit two 20 sec. count	<input type="checkbox"/> Play fetch with your dog	<input type="checkbox"/> Do 20 Burpees
<input type="checkbox"/> Do 20 sit ups	<input type="checkbox"/> Wake up at your normal school time	<input type="checkbox"/> Climb up and down the stairs 20 times
<input type="checkbox"/> Hop on each foot 15 times	<input type="checkbox"/> eat a piece of fruit everyday for a week	<input type="checkbox"/> Do 20 push ups
<input type="checkbox"/> Dribble a soccer ball 10 minutes (outside)	<input type="checkbox"/> Do butt kickers in place for 20 seconds x 3	<input type="checkbox"/> 20 Frog jump as far as you can 2 times
<input type="checkbox"/> Write a poem about hand washing	<input type="checkbox"/> run around the block with a parent once	<input type="checkbox"/> Do 20 mountain climbers
<input type="checkbox"/> Hike a hill 5 times	<input type="checkbox"/> Walk like a seal across the room 2 times	<input type="checkbox"/> Sit/reach your toes for 20 seconds 3 times
<input type="checkbox"/> Walk like a crab 20 feet 2 times	<input type="checkbox"/> Spend 10 minutes stretching	<input type="checkbox"/> Sit and reach your toes 20 seconds 3 times
<input type="checkbox"/> Hop on one foot then the other 20 times	<input type="checkbox"/> Do 20 standing squats 2 times	<input type="checkbox"/> Eat 2 different vegetables in the same day
<input type="checkbox"/> Do 15 wall push ups	<input type="checkbox"/> Perform 30 mountain climbers	<input type="checkbox"/> Walk with a pet/parent/sibling for 30 minutes
<input type="checkbox"/> Play a game from PE lesson	<input type="checkbox"/> Play in the yard 30 minutes	<input type="checkbox"/> 20 skips 5 times
<input type="checkbox"/> Do book curls 30 times each arm	<input type="checkbox"/> Eat breakfast each day for a week	<input type="checkbox"/> Balance on each foot for 20 seconds 3 times

other:	other:	other: