

Physical Education

K-5

At Home Physical Activity Menu

Directions:

- The at home activity menu provides multiple opportunities for students to stay active and healthy. The goal is to complete as many of the activities as possible. When you complete an activity, put a check in the designated box for that activity. If you do an activity again, put another check in the box. We recommend that you attempt to stay active for at least 60 minutes per day. Please see the physical education folder on the school website for more activity opportunities.



<p>Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>	<p>Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.</p>	<p>Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>
<p>Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>Skiers Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.</p>	<p>Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss</p>	<p>Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>
<p>Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p>Squat with Kicks Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p>Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car</p>
<p>Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p>Balloon Blow up a balloon and with a partner hit it back and forth or see how many times you can keep it in the air.</p>	<p>Animal Charade Try moving around like these animals: Chicken, Snake, Horse, Crab, Seal, Bear. Try without making noises to see if someone can guess what you are.</p>	<p>Leg Day 10 forward lunges 20 Squats 30 Second Wall-Sit Rest 1 Minute Then Repeat</p>	<p>Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides. Then repeat.</p>

Name _____

Instructions: When your child does an activity for at least 15 minutes, darken the activity box for that day. Sign this paper at the end of the week after you have witnessed your child exercise every day. (Cardiorespiratory exercise is recommended at least 3 times per week).

Weekly Home Exercise Record

Activity	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Jump Rope	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jogging / Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hiking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rollerblade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dancing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gymnastics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stair Climbing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Biking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (baseball, karate, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Parent Signature _____

NAME: _____

Parent Signature: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST NO EXERCISE	10 counter top push-ups 10 curl-ups Hamstring stretch sitting for 20 seconds then repeat	Jog in place in the house or jog outside for 3 minutes without stopping	8 elevator push- ups 8 elevator curl-ups hamstring stretch standing for 10 seconds then repeat	5 star jumps 20 mountain climbers 5 squat thrust 30 jumping jacks	15 counter top push-ups , rest then do 15 more 12 curl-ups, rest then 12 more hamstring stretch, sitting 20 seconds then repeat	8 star jumps 20 mountain climbers 8 squat thrust 40 jumping jack jog 3 min.

Place an "X" through the exercise when completed. Don't forget to get it signed by your parent and return it to me when completed.

Happy exercising.

Mr. Rubino

PHYSICAL EDUCATION HOMEWORK

NAME: _____

Parent Signature: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST NO EXERCISE	10 counter top push- ups(am,pm) 10 curl-ups (am, pm) Hamstring stretch sitting 10 sec. (am, pm)	JOG FOR 3 MINUTES WITHOUT STOPPING	8 elevator push- ups 8 elevator curl-ups hamstring stretch standing, 10 sec. x 2	5 star jumps 20 mountain climbers 5 squat thrust 30 jumping jacks	15 counter top push-ups (am, pm) 12 curl-ups (am, pm) hamstring stretch, sitting 10 sec. x2 (am, pm)	8 star jumps 20 mountain climbers 8 squat thrust 40 jumping jack jog 3 min.
REST NO EXERCISE	8 elevator push- ups 8 elevator curl- ups hamstring stretch standing, 10 sec.x2 15 counter top push-ups	8 minutes of continuous activity(biking, jogging, soccer, tag, dancing)	3 push-ups (am, pm) 15 curl-ups (am, pm) stretch 10 sec x2 15 counter top push-ups	Jump rope for 10 min. or jog for 4 min 50 mountain climbers 12 star jumps 12 squat thrust	3 push-ups (am, pm) 15 curl-ups (am, pm) stretch 10 sec x2	Jump rope for 10 min. or jog for 5 min 60 jumping jacks 50 mountain climbers 12 star jumps

Directions: Draw a line through each exercise that you do. Place and "X" in the box if you do all the exercises for that day. Try to exercise 4-5 days per week. Am = do the exercise in the morning Pm=do the exercise in the evening (x2 means do it two times)

NAME: _____

Parent Signature: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST NO EXERCISE	10 counter top push-ups (am,pm) 10 curl-ups (am, pm) hamstring stretch sitting 10 sec. (am, pm)	JOG FOR 3 MINUTES WITHOUT STOPPING	8 elevator push-ups 8 elevator curl-ups hamstring stretch standing, 10 sec.x 2	5 depth jumps 20 mountain climbers 5 burpee's 30 jumping jacks	15 counter top push-ups (am, pm) 12 curl-ups (am, pm) hamstring stretch sitting 10 sec. x2(am, pm)	8 depth jumps 20 mountain climbers 8 burpee's 40 jumping jack jog 3 min.
REST NO EXERCISE	8 elevator push- ups 8 elevator curl-ups hamstring stretch standing, 10 sec.x2 15 counter top push-ups	8 minutes of continuous activity (biking, jogging, soccer, tag, dancing)	3 push-ups (am, pm) 15 curl-ups (am, pm) stretch 10 sec x2 15 counter top push- ups	jump rope for 10 min. or jog for 4 min 50 mountain climbers 12 depth jumps 12 Burpee's	3 push-ups (am, pm) 15 curl-ups (am, pm) stretch 10 sec x2	jump rope for 10 min. or jog for 5 min 60 jumping jacks 50 mountain climbers 12 depth jumps
REST NO EXERCISE	3 push-ups (am, pm) 15 curl-ups (am, pm) stretch 10 sec x2	10 minutes of continuous activity (biking, jogging, soccer, tag, dancing, hiking)	3 push-ups x2 (am, pm) 15 curl-ups x2 (am, pm) stretch 10 sec x3	jump rope for 10 min. or jog for 4 min 50 mountain climbers 15 Burpee's 12 depth jumps	3 push-ups x2 (am, pm) 15 curl-ups x2 (am, pm) stretch 10 sec x3	jump rope for 10 min. 50 mountain climbers 80 jumping jacks 12 depth jumps
REST NO EXERCISE	3 push-ups (am, pm) 15 curl-ups (am, pm) stretch 10 sec x2 10 elevator push- ups	10 minutes of continuous activity (biking, jogging, soccer, tag, dancing, hiking)	5 push-ups (am, pm) 20 curl-ups (am, pm) stretch 10 sec x2 10 elevator push-ups	jump rope for 10 min. or jog for 4 min 50 mountain climbers 20 Burpee's 15 depth jumps	5 push-ups (am, pm) 20 curl-ups (am, pm) stretch 10 sec x2 20 counter top push-ups	

Directions: Draw a line through each exercise that you do. Place and "X" in the box if you do all the exercises for that day. Try to exercise 4-5 days per week. x2 means do it two times