

K-4 Physical Education

April 27th-May 1st

We hope you are staying active while you are home! We miss seeing our students and being active with you but we have come up with some fun activities you can do for your Fitness lesson this week. Remember to exercise for at least 20-30 minutes for your P.E. class each week! Select any 1 of the activities below (or combine several of them if you prefer) to get active & moving!

Shuffle the Deck 1: This game can be played by yourself or taking turns with family members. Use any deck of cards that you find around the house. Pick a card. Look at the provided sheet. The card suit (hearts, clubs, diamonds and spades) determines what exercise you do-match it to the sheet. The number determines the amount of repetitions. If you get an Ace = 11 repetitions. If you get a Jack, Queen or King you will do 12 repetitions. **IF** you get a Joker you need to tag or touch ten different things around you.

Shuffle the Deck 2: This game can be played by yourself or taking turns with family members. Use any deck of cards that you find around the house. Pick a card. Look at the provided sheet. The card suit (hearts, clubs, diamonds and spades) determines what exercise you do-match it to the sheet. The number determines the amount of repetitions. If you get an Ace or a Joker = 10 burpees. If you get a Jack, Queen or King you will do 15 repetitions.

Rock-Paper-Scissors: Almost everyone knows how to play Rock-Paper-Scissors to settle arguments or decide who is going to go first. Well, P.E. teachers have taken this game and turned it into a fun, fitness game that will keep you jumping!

Optional Activities: Listed on our teacher page is a link for optional activities. There is also an optional checklist sheet below for parents to use if they would like to keep track of the activities you have completed. You may also take a look at some ideas and videos that have been provided in this link that you can use. This link will have new ideas and videos added periodically.

Grades 1-4 Wellness Lessons

April 27th- May 1st

Click on the appropriate grade level link below for the Wellness lesson for this week. Please don't hesitate to contact your child's teacher if you have any questions about any of the lessons.

Grade 1: Environment

Grade 2: Environment

Grade 3: Environment

Grade 4: Environment

