



GRADES 1-4 ELMDALE PHYSICAL EDUCATION RESOURCES



Hello Everyone!

I hope this message finds you and your family healthy and safe. I will miss teaching you in PE while you are not at school, but the good news is you already have all the skills, tools and knowledge you need to keep your body healthy. I encourage you to get outside or be doing some sort of activity while you are at home to keep yourselves active.

I've included a daily workout calendar for you to try and also linked up a ton of resources and activities that I encourage you to check out! It can be helpful to keep a log of activities in order to ensure a healthy mind and body. I have included a log sheet and would love to see all your work once it is completed!

Parents/guardians you are the most influential person in your child's life. By respectfully working together to encourage physical activity, my aim is to help your child enjoy fitness and develop healthy lifestyle habits. I'd love to see what your kids (and you together) are doing during this time to stay active. Please feel free to shoot me an email if you have time to share a picture or video, or if you have any questions or concerns.

Stay Safe, Have Fun and Keep Yourself Active!

Mrs. K. Tufford

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Daily Workout: Complete the workout from each day on the PE Fitness Calendars included:

- November 2020
- December 2020

Additional/Supplemental Online Resources and Activities for PE at Home

- **Free Customizable Kid Workout Program**
 - [Sign up for Sworkit](#) and use them for follow along workouts for kids
 - (they have a free kids workouts for anyone to use after signing up and they are even customizable and have student examples for all of the follow along workouts, just click on the "Kids Workouts" section after logging in)
- **Free One Page Paper Workouts from Darebee.com ([Pick any of them here](#))**
 - 4 minute warmup: <https://darebee.com/workouts/4-minute-warmup-workout.html>
 - Beginner Circuit: <https://darebee.com/workouts/beginner-circuit-workout.html>
 - Quick HIIT: <https://darebee.com/workouts/quick-hiit-workout.html>

- **Online Follow Along Workouts**

- For example check out [Fitnessblenders Youtube Channel](#)
- Another good one for Kids Workouts is [Glenn Higgins Fitness](#)
- Do a [Would you Rather Workout Video](#)

- **Home Activity Packets:**

- <https://www.dropbox.com/s/7woiccdaxthd1c7/Capn%20Petes%20Home%20Activity%20Visual%20Packet.pdf?dl=0>
- <https://www.cbhpe.org/projector>
- [PE Follow Along Videos Collection](#)

- **Follow Along Dances:**

- Pick your favorite [Just Dance Video](#) and bust a move
- Have students complete [GoNoodle Follow Along Dances](#)
- Happy Follow Along: https://youtu.be/_swUGtEpazY
- Kidz Bop <https://kidzbop.com/>
- [Like the Cupid Shuffle for Example](#)
- Or the [Sid Shuffle](#) from the movie Ice Age

- **Jump Rope:** If you have a jump rope, you can review some of the [Single Jump Rope Tricks](#) we learned in PE, or if you have a sibling or family member you could even try [Partner Tricks](#)

- **Basketball:** If you have a basketball or playground ball, practice some of the ball handling skills in the link below

- [Ball Handling Drills Follow Along](#)

- **Throwing and Catching:** If you have space in your yard and it's safe to go outside, try to practice throwing and catching with a family member with a ball

- [Underhand Throwing \(ball\)](#)

- **Striking a Balloon**

- Blow up a balloon and practice striking it with different body parts
- What is the hardest item or body part to control the balloon with? What's your record for the most number of hits without moving your feet?
- [Here's an example of this balloon striking activity](#)

- **Fun with Tape**


- Balance Beam – Stretch a long piece of painter's tape to the floor and encourage them to walk across a beam or jump without falling off.
- Ladders - Create ladders on the floor with tape to work on speed, agility and coordination

Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.
Calendars created by: <https://physedreview.weebly.com>

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 With legs crossed reach up and over your body as far as you can. Repeat reaching the other way. Repeat times per side.	2 Do squats while singing the school song.	3 Touch your elbows to knees 50 times while keeping your eyes closed.	4 Walk around your home. Visit every room in your home. For every door there is, do 10 jumping jacks.	5 Jog in place while you answer 10 questions given to you by a family member or friend.	6 Rest Day	7 Keep your belly on the floor while you push up off the floor. Repeat 20 times.
8 Pretend you are a rocket and countdown from 10 to 1 then jump as high as you can. Repeat 10 times.	9 Do 50 lunges.	10 Do 15 push-ups.	11 Hold a plank position while counting to 100 by 5's	12 Rest Day	13 Do 25 back leg kicks for each leg.	14 Ask a family member or friend to read a short passage from a book to you while you hold onto one foot.
15 Pretend you are getting pulled into a black hole by spinning around in a jump out and land on two feet without falling. Repeat 10 times.	16 Do 50 windmills touching one foot, then the other.	17 Reach to both sides of your body while listening to one of your favorite songs.	18 Rest Day	19 Stretch your calf muscles while you watch 3 commercials on T.V.	20 Reach for one toe while counting to 25 backwards. Repeat with the other leg. Do that 3 times per leg.	21 Do 50 Jumping Jacks with a family member or friend.
22 Pretend you are walking on the moon. Go around your home and touch every doorknob.	23 In a straddle position reach for one toe. Repeat reaching for the other toe. Do that 3 times per leg.	24 Rest Day	25 Hold one foot while balancing counting to 20. Repeat holding the other foot. Do that 3 times per leg.	26 Do jumping jacks every time a commercial comes on T.V.	27 With both legs straight, see how far you can reach. Go slow! Breathe in and out each time you reach.	28 Make up your own fitness challenge and draw it, then have a family member or friend try it.
29 Pick One Of Your Favorite Days And Do it Again!!!	30 Rest Day	Student Name: _____ Classroom Teacher: _____		Parent Signature: _____		 <div>Check off (✓) when you finish each day</div>

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December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check off (✓) when you finish each day		1 Jog in place for 30 seconds in every room of your home.	2 Do 25 back legs kicks per leg.	3 Rest Day	4 Hold onto a chair and stand on your tippie toes for 1 minute.	5 Do bicycle legs with a family member or friend for 60 seconds.
6 Do 15 push-ups with a family member or friend.	7 Do a side plank for 30 seconds each arm.	8 Do side lunges 30 times per leg.	9 Rest Day	10 Put your toes under the couch and do 15 curl-ups.	11 Hold the Bird Dog position for 45 seconds per side.	12 Do 50 Jumping Jacks with a family member or friend.
13 Do 25 front lunges per leg with a family member or friend.	14 Put your feet under the couch and do 20 curl-ups.	15 Rest Day	16 In the Superhero pose lift a book off the ground and read one entire page.	17 Do side legs lifts 30 times per leg.	18 Do high knees while singing the school song.	19 Hold hands with a family member or friend and do 25 squats together.
20 Challenge a family member or friend to a "balance on one foot with eyes closed without losing balance" contest.	21 Rest Day	22 Hold onto your toes while balancing on your bottom for 30 seconds.	23 Do 30 Wall Push- ups.	24 Hold the Superhero pose while you say the alphabet backwards. Repeat 3 times.	25 See how many push-ups you can do in 30 seconds.	26 Challenge a family member or friend to a "plank without laughing" competition.
27 Rest Day	28 Challenge a family member or friend to a "V balance" competition.	29 Lift one leg and balance without putting your other foot down for 30 seconds. Repeat with the other leg.	30 Make up your own fitness challenge and draw it on the back of this paper.	31 Pick One Of Your Favorite Days And Do It Again!!!	Student Name: Parent Signature: Classroom Teacher:	

Physical Activity Log

[illegible]