



# Physical Education Calendar - Week 1

## Grades 3 – 5 – Star Wars Week

- Day 1**      Ball Handling Skills
- Try doing this video:  
<https://www.youtube.com/watch?v=RW6Sneti7JQ&feature=youtu.be&t=9>  
Set up an obstacle course with cones or objects on your driveway or in your basement and try dribbling the ball around the objects while maintaining control of the ball.  
Game: Play Slam Ball with a family member  
**Daily Challenge:** Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
- Day 2**      Fitness
- Try doing these videos: [https://www.youtube.com/watch?v=Q9pB8I\\_vqCw](https://www.youtube.com/watch?v=Q9pB8I_vqCw)  
<https://www.youtube.com/watch?v=kAUMHws2ap0&list=PLvuT1Bjs2VSFOYqahj8VAKBwyYFnLJIDa&index=29>  
<https://www.youtube.com/watch?v=2Ofwpt59eQU&list=PLvuT1Bjs2VSFOYqahj8VAKBwyYFnLJIDa&index=18>  
[https://www.youtube.com/watch?v=yVY\\_awAiV5k&list=PLvuT1Bjs2VSFOYqahj8VAKBwyYFnLJIDa&index=16](https://www.youtube.com/watch?v=yVY_awAiV5k&list=PLvuT1Bjs2VSFOYqahj8VAKBwyYFnLJIDa&index=16)  
**Daily Challenge:** Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
- Day 3**      Yoga/ Mindful Moment
- Try doing these videos: <https://www.youtube.com/watch?v=coC0eUSm-pc>  
Or <https://www.youtube.com/watch?v=BEPxPkQY6V8>  
<https://www.youtube.com/watch?v=IZLLj6gX1qk>  
**OR**      Using the Yoga Pose Flashcards, try to hold each pose for 15 seconds.  
**Daily Challenge:** Do push-up shoulder taps while reciting your spelling words.
- Day 4**      Dance
- Try doing these videos: <https://www.youtube.com/watch?v=IU6ZXI6YgI0>  
<https://app.gonoodle.com/activities/turn>  
<https://www.youtube.com/watch?v=W7bmXywWus8&list=PLaaUSvEbT1I9eBVWvR5h3p5s6QetdoKfW&index=2>  
<https://www.youtube.com/watch?v=b6uNvQich8g&list=PLaaUSvEbT1I9eBVWvR5h3p5s6QetdoKfW&index=3>  
**OR**      Turn on the radio or music that you enjoy and have a Dance Party for 20 minutes.  
**Daily Challenge:** Read a book while doing a wall sit.
- Day 5**      Student Choice Day
- Go for either a walk, run, bike or scooter ride, or play outdoors today for at least 30 minutes.  
**Daily Challenge:** Did you know donuts have ~280 calories? Jog in place for a 280 count.

**Please put a check mark beside the activities that you have completed and send me a picture of the sheet to either your class Dojo, Seesaw or Teams site. Or you can return it to the school.**