



Physical Education Calendar - Week 5

Grades 3 – 5

Kicking Skills

Try doing this video: <https://www.youtube.com/watch?v=gDmAHBZqRY8>

<https://www.youtube.com/watch?v=MIQodCJQfi4>

(You can draw the grid with sidewalk chalk outdoors, rolled up socks will make this easier)

Game: Soccer Croquet (see sheet for description)

Game: Quick Cuts (see sheet for description)

Fitness

Try doing these video: <https://www.youtube.com/watch?v=EurqhX9URGI>

<https://www.youtube.com/watch?v=dZaIHBbCGkw>

https://www.youtube.com/watch?v=DO-R5EFG_N4

1 Minute Fitness Challenges

Invisible Dumbbell Challenge Card

Game: Play Rock, Paper, Scissors Balance Pose Game

Game: Chutes and Ladders Fitness Board Game

Activity: Roll and Exercise Dice – Print out and create the 2 paper dice. Roll them to determine how many times you do an exercise. Try for 10 minutes.

Yoga/ Mindful Moment

Try doing these videos: <https://app.gonoodle.com/activities/relieve-anxiety>

<https://www.youtube.com/watch?v=9vLpwN-DGw&list=PL8snGkhBF7nhEc52y4C1S9yqjBQSLCmT4&index=28&t=0s>

<https://app.gonoodle.com/activities/lets-unwind>

OR Using the Yoga Pose Flashcards, try playing Yoga charades. One person chooses a card, but doesn't show anyone that card. The person does the pose and everyone tries to guess which card was drawn.

Dance

Try doing these videos: <https://www.youtube.com/watch?v=FP0wgVhUC9w>

<https://www.youtube.com/watch?v=ymigWt5TOV8>

<https://www.youtube.com/watch?v=nj9NA3flLoI>

<https://app.gonoodle.com/activities/party-rock?s=Search&t=Zumba>

<https://app.gonoodle.com/activities/happy?s=Search&t=Zumba>

<https://app.gonoodle.com/activities/what-makes-you-beautiful?s=Search&t=Zumba>

OR Turn on the radio or music that you enjoy and have a Dance Party for 20 minutes.

Student Choice Day

Go for either a walk, run, roller blade, bike, or scooter ride. Or play outdoors for 30 minutes.

Daily Challenges:

1. Perform jumping jacks while naming words that start with "L".
2. Pick any sports skill and practice it for 5 minutes!
3. Family Fun: Play your favorite physical education activity with your family.
4. A serving of spinach has ~20mg of magnesium. Do 20 line jumps (jump back and forth over a line or a mark on the floor).
5. Do as many squats as you can.