

Mr Nilsen
Physical Education
Take home review and Exercise Packet

Contact information and other important information:

Email: stavenilsen@hpcsd.org

Please go on MY Teacher page located on school website for additional information

***** all of these exercises and activities should be done under the permission and supervision of an adult****

Thank you and have some FUN!!!

K-2 Outline:

1- Fitness Calendar (prizes for Completion!!) * **Must be signed by a Parent/Guardian ***

- **May chose 1**

2- Websites:

- GoNoodle.com
- Thinklink.com- board game - will need dice
- Dance - Dance: Raining Tacos by Coach Gelardi
<https://www.youtube.com/watch?v=EbW/Cf0wRuAU&=&list=PLyIH-EKl5rzcGwmlK9w463BnSQQHPI7F&=&index=2>

Wellness/Health

-https://www.ncbi.nlm.nih.gov/health/educational/wecan/?fbclid=IwAR35M1jZHhwU_sEPFaQ-bk1RC4wuhDVeS2Lybsy1lQ6Zhfslff5S2a2nA

3- Health and Wellness- nutrition, wellness, reduce screen time

- https://www.ncbi.nlm.nih.gov/health/educational/wecan/?fbclid=IwAR35M1jZHhwU_sEPFaQ-bk1RC4wuhDVeS2Lybsy1lQ6Zhfslff5S2a2nA

4- Exercise / Games * please have supervision with an Parent or Guardian while participating **

- See handout

3-5 Outline

1- Fitness Calendar (prizes for completion !!) * **Must be signed by a Parent/Guardian ****

- **May chose 1**

2- Websites:

- GoNoodle.com
- Thinklink.com- board game - will need dice

- Dance - Dance: Raining Tacos by Coach Gelardi
<https://www.youtube.com/watch?v=FbWCf0wRuAU&list=PLYIH-FKf5zcgwmiK9w463BnSQQHPI7F&index=2>

Wellness/Health

- <https://www.nhlbi.nih.gov/health/educational/wecan/?fbclid=IwAR35M1jZHfHwyUsEPFaQ-bk1RC4wuhDVeS2Lybsy1IQ6Zhfxfllf5S2a2nA>

Dance-

- <https://www.youtube.com/watch?v=FbWCf0wRuAU&list=PLYIH-FKf5zcgwmiK9w463BnSQQHPI7F&index=2>

3. Health and Wellness nutrition, wellness, reduce screen time

- <https://www.nhlbi.nih.gov/health/educational/wecan/?fbclid=IwAR35M1jZHfHwyUsEPFaQ-bk1RC4wuhDVeS2Lybsy1IQ6Zhfxfllf5S2a2nA>

4. - Badminton Review

- **Please work on poster**
- Court
- Types of returns- ex. Forehand and backhand
- Rules
- Racket- proper way to hold it
- (does not have to be in detail just showing that you have a general idea on how to play the game)

5. Exercises / Games * please have supervision with a Parent or Guardian while participating.**

- See handouts and websites

References:

SHAPE America. Fitness Calendar. March 2020. Elementary Mind and Body Calendar. 2020.
<https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>




Kline, N. OPENPhysED. March Deam Calendar. Drop everything and Move.
OPENPhysEd.org

Ginicola, M. Fit Dice. PhysEdDepot.

U.S Department of Health and Human Services. National Heart, Lung, Blood Institute.

<https://www.nhlbi.nih.gov/health/educational/we-can/?fbclid=IwAR35M1jZHHwyUjEPEaQ-bk1RC4xuhDVeS2Lybsy1kQ6Zhfxsllfi5S2a2nA>

Raining Tacos by Coach Gelardi
<https://www.youtube.com/watch?v=FbWCf0wRuAU&list=PLyIH-FK15rzcGwmriK9w463BpSQQHPI7F&index=2>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. Self-Injury Awareness Day</p>	<p>2 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on fly pads (pillows).</p>	<p>3 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>4 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>5 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.</p>	<p>6 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>7 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>
<p>8 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side.</p> 	<p>9 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</p>	<p>10 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>11 Between the Knees Gather rounded objects of varying sizes. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p>12 Happy Baby Pose Straighten your legs for an added challenge.</p> 	<p>13 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>14 Chest Pass Practice your chest passes against a brick wall. Remember to step towards your target.</p>
<p>15 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.</p>	<p>16 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>17 Code Words While watching TV any time you hear the code words complete 10 jumping jacks. Code words: green, St. Patrick's Day, lucky, leprechaun</p>	<p>18 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>19 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>20 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 a thing!</p>	<p>21 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>
<p>22 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>23 Arm and Leg Tag A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round.</p>	<p>24 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>	<p>25 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>26 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>27 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>28 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>
<p>29 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>30 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>31 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> National Nutrition Month 1st Self-Injury Awareness Day 6th -7th National Day of Unplugging (sundown-to-sundown) 13th National Good Samaritan Day <p>Yoga pictures from www.fortisvoga.com</p>		<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p>	

MARCH DEAM Calendar

Drop Everything And Move

BE GOOD
by being helpful.

Name: _____

Teacher: _____

Purpose: This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions: After a student completes a day's activity, adults make a check mark and initial in the space provided. Each week, you can miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	2	Play with a friend.
	3	Do as many curl-ups as you can.
	4	March Madness: Take 64 imaginary jump shots.
	5	Say your math facts while doing reverse lunges.
	6	Take a walk.
	7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
	8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	9	Play a game that is active. You decide what that is.
	10	Do as many trunk-lifts as you can.
	11	Take 32 imaginary dunks and 16 cross-over dribbles.
	12	Do push-up shoulder taps while reciting your spelling words.
	13	Take a walk.
	14	Run in place and name 3 reasons why you will never smoke or use tobacco.
	15	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	16	Take a hike.
	17	Do as many squats as you can.
	18	Take 8 pretend chest passes and 4 imaginary foul shots.
	19	Perform squat-jumps while naming the continents.
	20	Take a walk.
	21	How many food groups are there? Do 5 plank-jacks.
	22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	23	Play outside.
	24	Do as many push-ups as you can.
	25	Take 2 laps around a pretend court and 1 giant star-jump!
	26	Read a book while doing a wall sit.
	27	Take a walk.
	28	About how many glasses of water should you drink each day? Do 8 burpees.
	29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	30	Go to the park!
	31	Do as many squat-thrusts as you can.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.



ROLL 2 DICE

IF YOU ROLLED	THEN YOU'LL DO THIS EXERCISE	ROLL THIS MANY DICE FOR # OF REPS
2	JUMPING JACKS	4 DICE
3	PUSH-UPS	3 DICE
4	CURL-UPS	4 DICE
5	SQUAT JUMPS	2 DICE
6	JOG IN PLACE	4 DICE
7	FOREARM PLANK	3 DICE
8	ARM CIRCLES	4 DICE
9	SQUATS	3 DICE
10	PUSH-UPS	2 DICE
11	CURL-UPS	3 DICE
12	JUMPING JACKS	3 DICE

PhysEd Depot made this