

PHYSICAL EDUCATION AT HOME





Simon

Home Edition

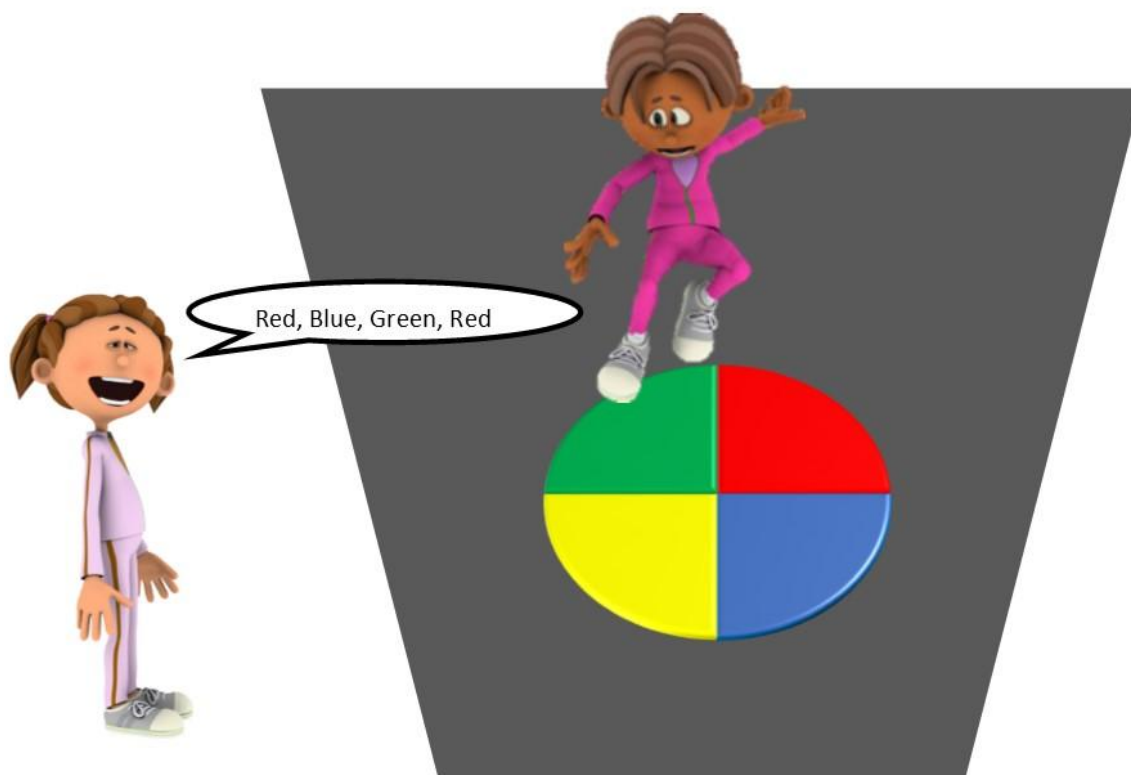


Directions: Using sidewalk chalk, draw a 4-color circle on a driveway or sidewalk. The circle should be big enough to jump in, but not too big that it makes it difficult to jump or hop into the different colors.

With a partner, you will take turns jumping or calling out the different color combinations to your partner. The partner jumping is trying to see how many consecutive jumps or hops they can make without going out of order, landing off a color, or losing their balance and jumping off the circle. When a partner's turn is over switch roles.

The color combinations increase with each level just like the game. For example, a partner can call out 1-color as a warm-up, then increase to 2-color combo, 3-color combo, etc. Players can decide how many successful jumps it takes to pass a level and move up to the next highest color combination.

Optional: Create some playing cards at home with different color combinations



A	B	C	D
E	F	G	H
I	J	K	L

SPELLING GRID

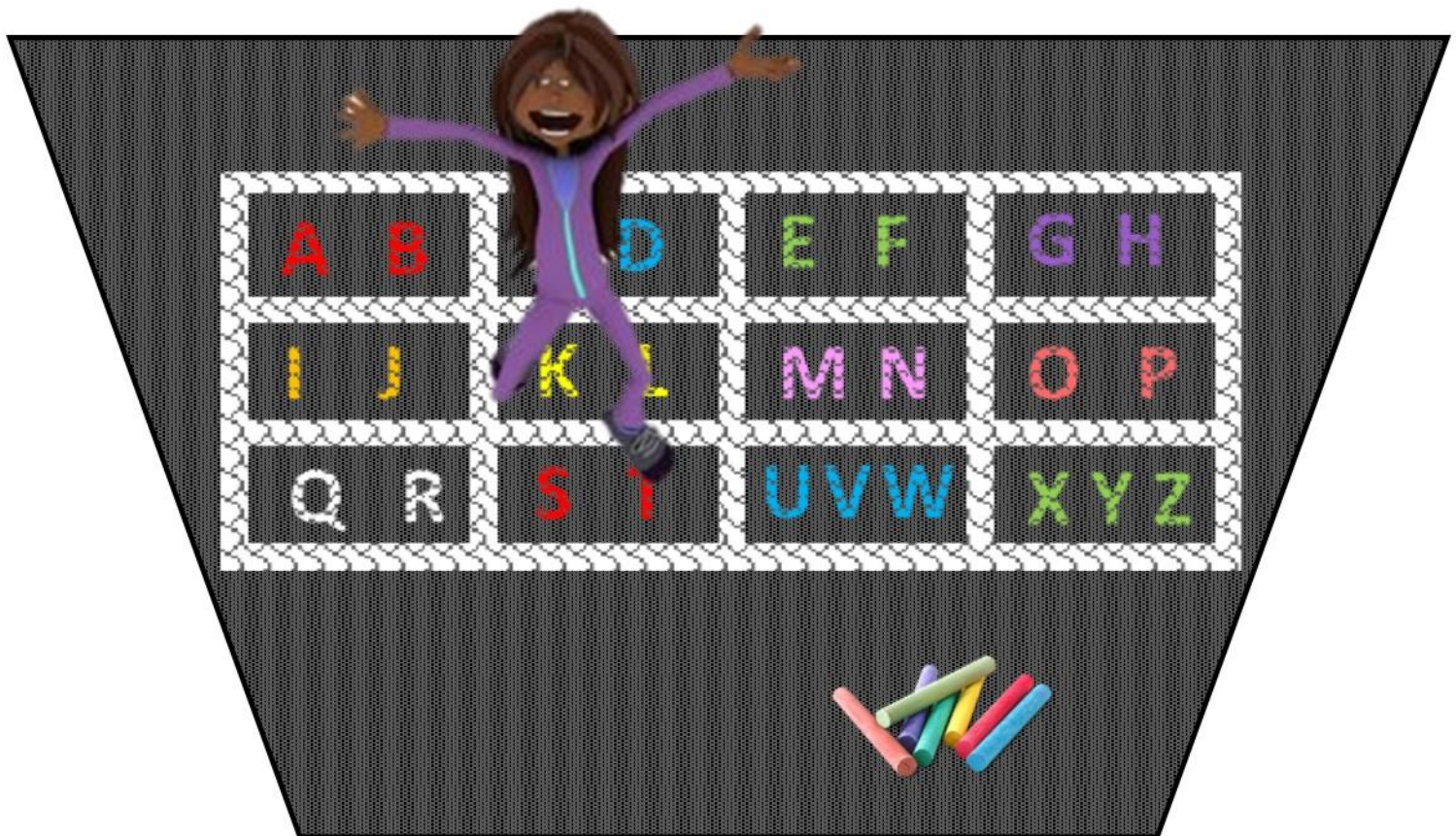
Home Edition

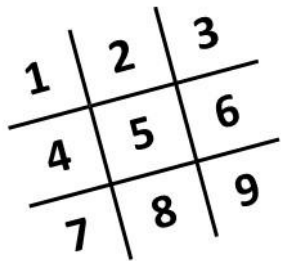
A	B	C	D
E	F	G	H
I	J	K	L

Directions: Using sidewalk chalk, draw a 4 x 3 grid on your driveway with 2 letters in each square. The last two squares will have 3 letters in each box (U,V,W) AND (X,Y,Z). Students can walk, skip, hop, jump, or other locomotor movements to travel from letter to letter.

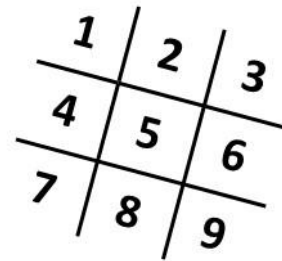
Students will work on spelling by traveling from letter to letter to spell high frequency words, colors, shapes, or other objects/things they can see from their driveway.

Optional: Create your own flash cards at home or words from your teacher





NUMBER GRID

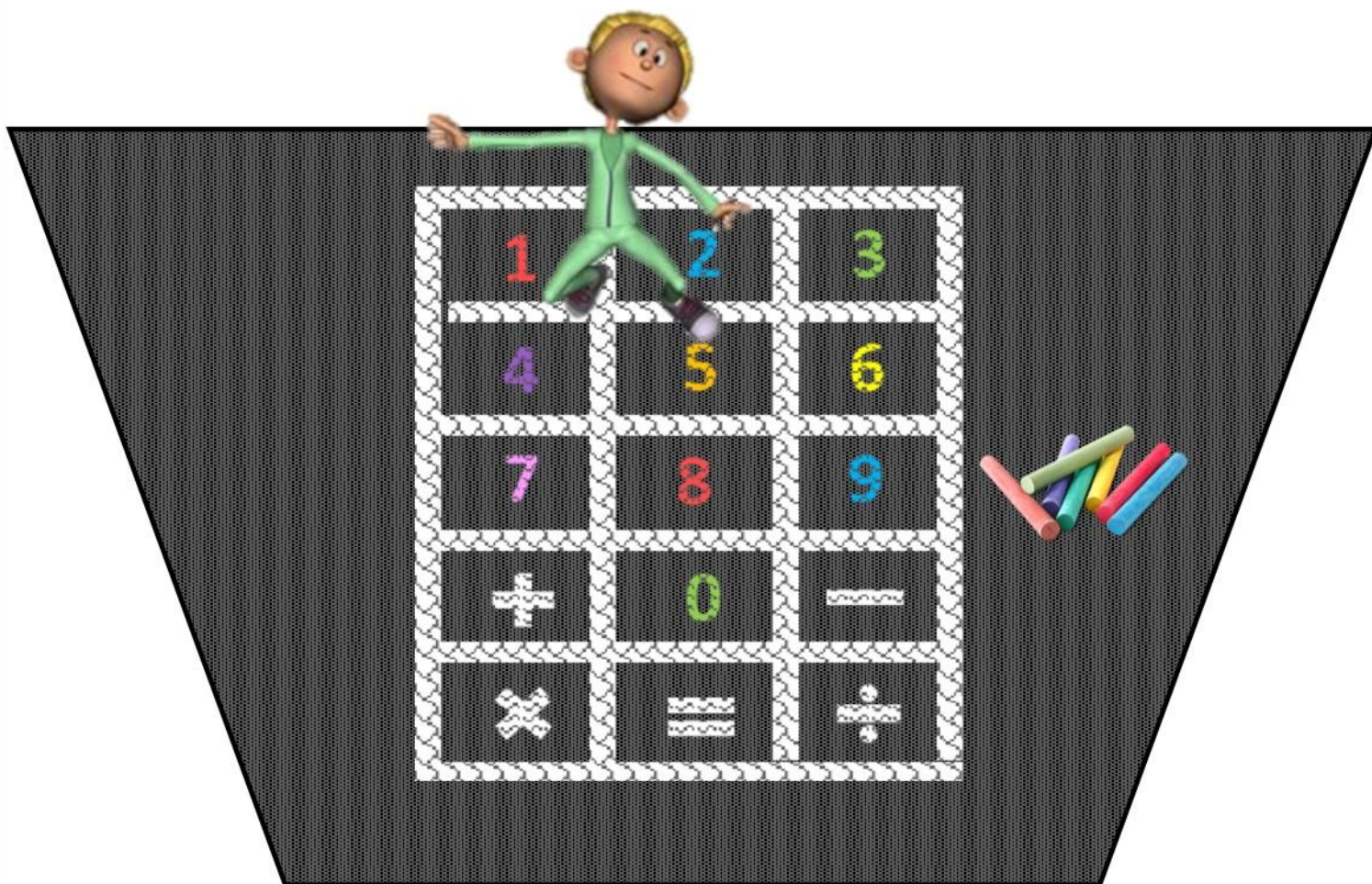


Home Edition

Directions: Using sidewalk chalk, draw a grid on your driveway that looks like a calculator with a number in each square. Students can walk, skip, hop, jump, or other locomotor movements to travel from number to number.

Students will work on math skills by traveling from number to number to work on sequencing, skip counting, making/solving math equations, etc

Optional: Create your own flash cards at home with equations and see how many you can solve in a minute





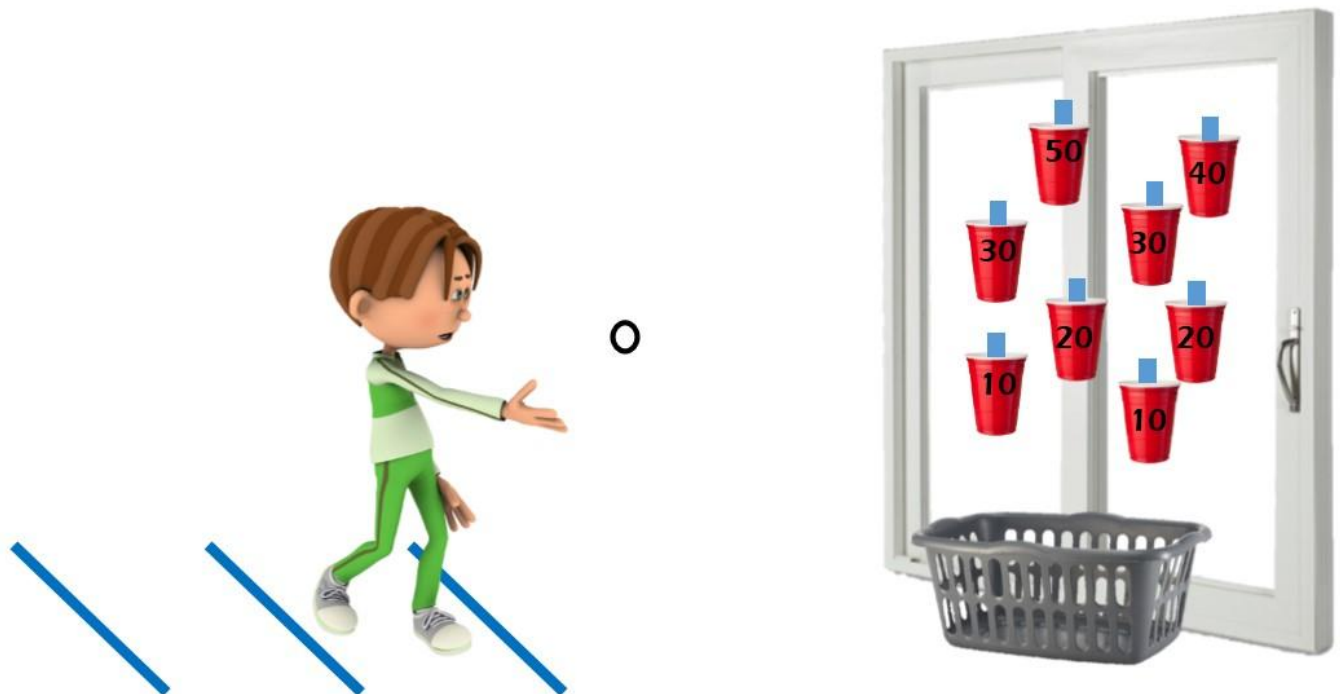
SKEE WALL



Directions: **Ask for your parents permission first!!!** Get 8-10 large plastic cups and label them with different point values and cut the bottom off. With younger students keep them in single digits, older students can use larger point values. Tape the cups to a wall or door in a random order or from most to least from top to bottom. Use a ping pong ball, make an aluminum foil ball, or another lightweight object to throw at targets. Place a laundry basket beneath the cups to collect the objects. Using an underhand throwing motion, attempt to score as many points as possible.

Ways to play:

- Using a specific number of objects to throw, try to score the most points by landing them in the cups. Try to break your record in each round.
- Tape 3 lines at different distances from the cups:
 - 1st line = points on cup, 2nd line = double points, 3rd line = triple points
- Play for a set amount of time with only one throwing object
- Play against a partner using the options above
- Trick Shots!!! Create a trick shot for double the points (under leg, behind back, etc)



Race to 100 Catches

Home Edition

Directions:

Spread out 2 chairs and lay a broomstick across the top of the chairs, making a net. Find 10 different objects that you can safely play catch with, be creative and use whatever you can find around the house. Lay all the objects by one of the chairs. With a partner, take turns tossing and catching the objects over the net as quickly as you can. Count out each successful catch with your partner. Every 10 catches switch objects and place the objects you have already used by the other chair. Time each round and see if you can break your record!

Household items:

Sock Balls, Pillows, Tennis Ball, Toilet Paper, Paper Plate, Balloon, Paper Towel Tube, Small Towel, Pool Noodle, Marker, Stuffed Animal (Small & Large), Empty Water Bottle, Foil Ball

Alternate Net: Over 1 chair, over a table, over a couch

Types of Throws: Chest Pass, Underhand, Overhand



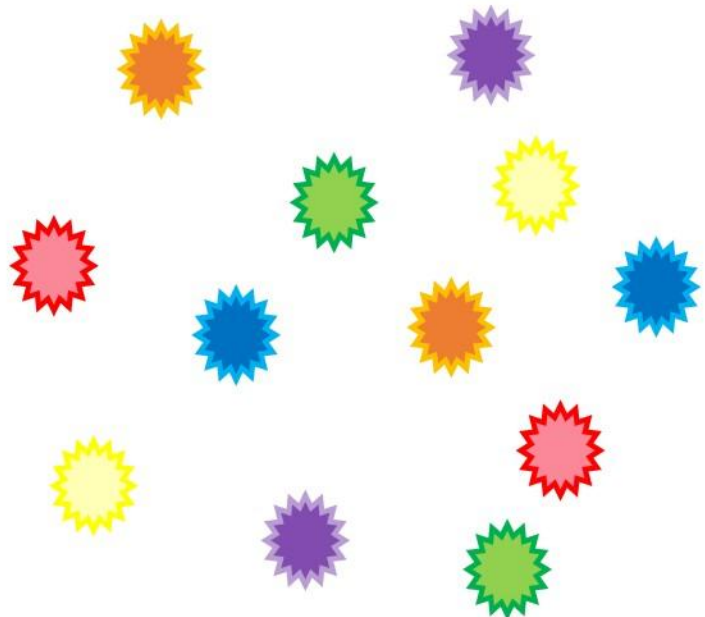
The Gummi Bear

Home Edition

Directions:

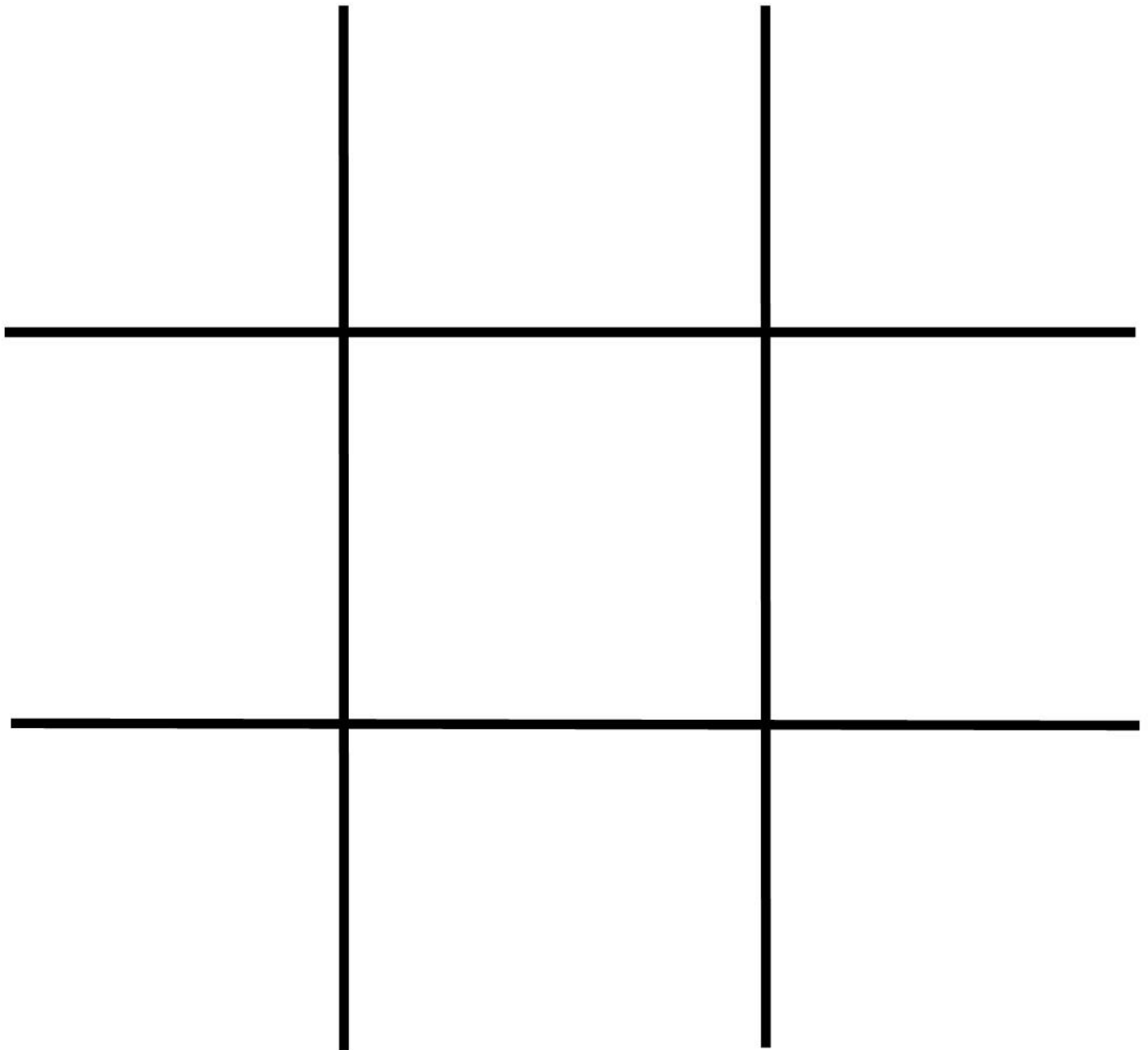
Use some type of object to mark a starting spot (paper plate, cone, rock, etc.) for each player. Spread out about 12-15 objects that will be the "Gummies" (socks, paper balls, lego, etc.) in the playing area or room in your house. On "Go" all the "Bears" must bear walk out to collect one Gummi and return it to their starting spot. Bear walk back and forth until all Gummies have been collected. Count who has the most for that round, reset the Gummies and play again.

If you don't have someone to play against use a timer and time yourself to see how quickly you can collect all the Gummies.



Tic-Tac-Toe Relays

Directions: Find or create 4 markers for each person, 8 total. You can use pieces of paper for your markers. Place Tic-Tac-Toe Board on a table or floor across a room. At the same time both people run to the board with one marker and place on the grid, not on same space. Keep going back and forth until someone has made tic-tac-toe. If nobody makes 3 in a row after all 8 markers have been used continue game by moving one marker at a time until a Tic-Tac-Toe has been made.

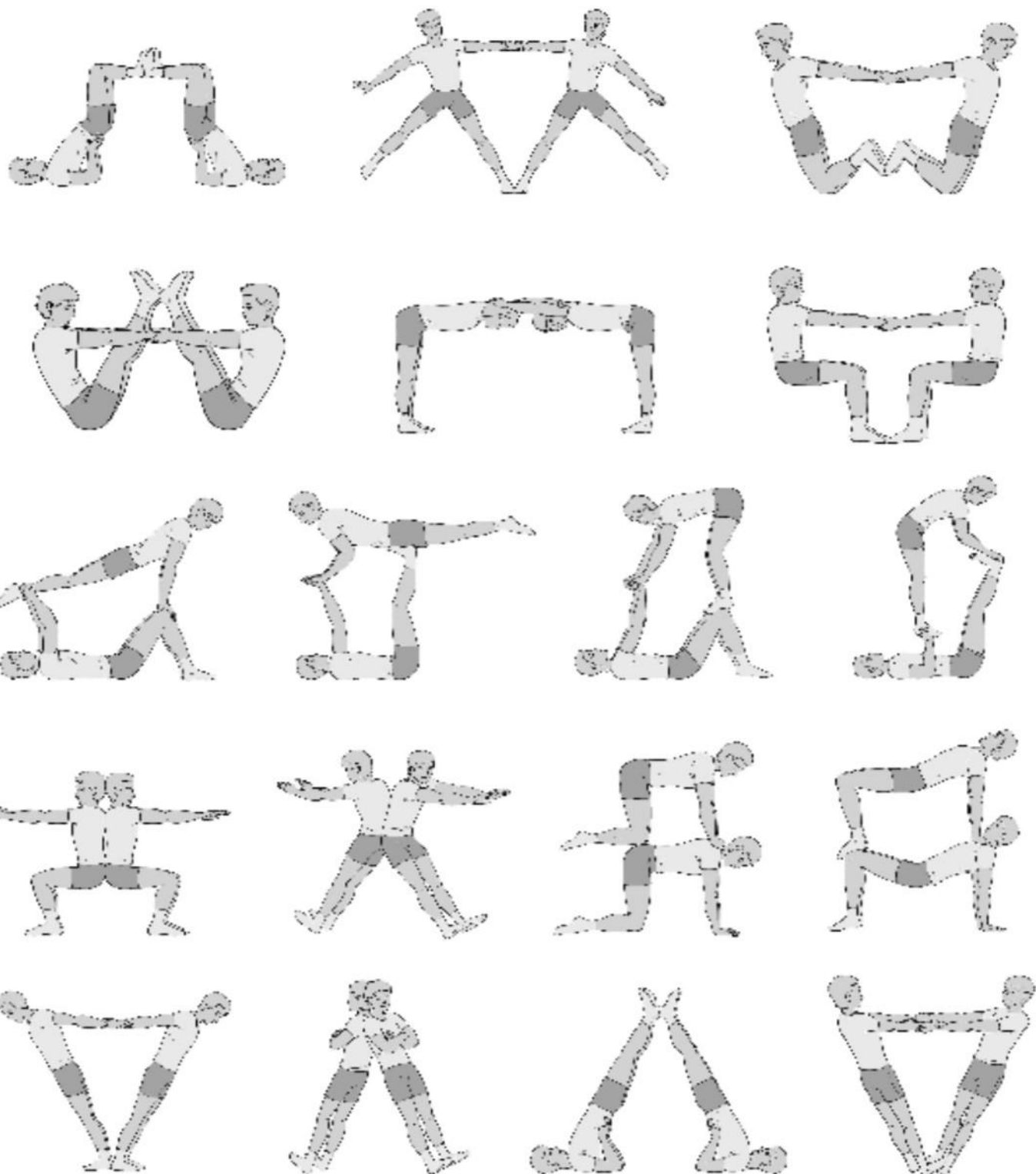


Directions: Hold each balance for a minimum of 5 seconds and then cross off the board. Try to see how many different ways you can get Bingo on the board. You can also play with a partner and take turns attempting different balances to make a Bingo

Balance Bingo				
 HALFWAY HANDSTAND	 BROKEN CANDLESTICK	 SPLIT STAND	 THE PEG LEG	 THE ANKLE HOLD
 PLANK	 SIDE PLANK	 ELBOW STAND	 SUNSHINE	 BRIDGE
 TOE TOUCH	 SITTING TOE TOUCH	FREE SPACE	 WARRIOR	 SIDWAYS STRETCH
 DAZZLER	 LAZY TOE TOUCH	 TOE POINTER	 SPLIT	 AIR CHAIR
 HANDSTAND	 HEADSTAND	 TRIPOD	 CANDLESTICK	 HANDSTAND STRADDLE

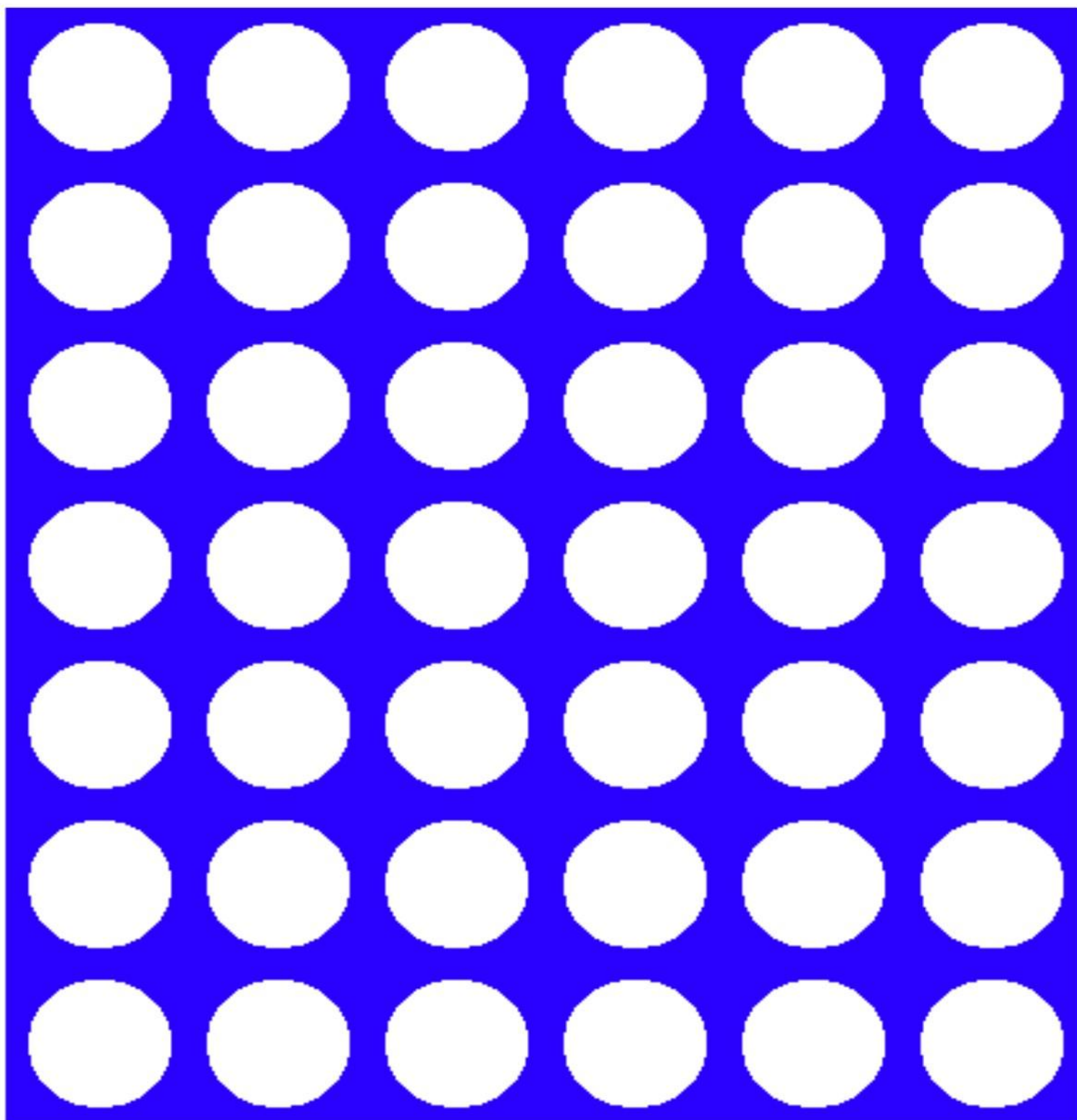
Directions: Work with a partner and try to complete as many balances as possible. Any balance you and your partner can hold for 5 seconds or more cross off and try the next balance.

2-PERSON BALANCES



Connect-4 Relays

Directions: Use a pen, pencil, crayon, or marker. Place Connect-4 Board on a table or floor across a room. At the same time both people run to the board and mark one space at a time. Keep going back and forth until someone has made Connect-4.



Create Your Own

Obstacle Course

Look around for objects/items in your house to create your own obstacle course. Time yourself going around and try to get faster each time.

Ideas & suggestions:

- Use water bottles for cones to jump over or run around
- Use bed sheets to create a tunnel
- Perform an exercise at a specific location in a room
- Climb up on a chair to jump off
- Use painters tape on the floor for a balance beam

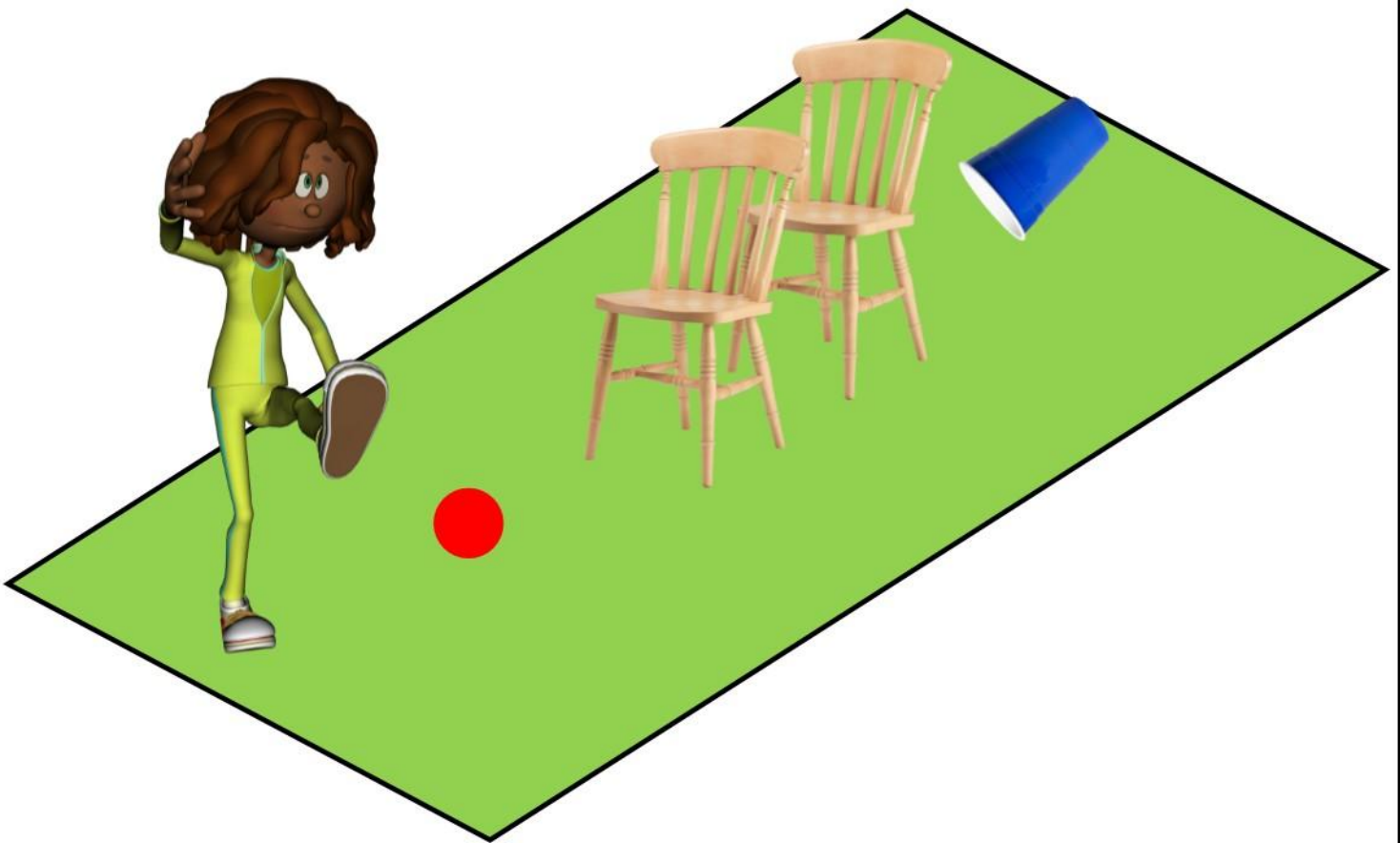
Game

Think of an original game that you could teach your class when returning to school. Things to include:

- Equipment needed
- Explanation of how to play
- Safety Rules
- How to make teams or partners
- How to keep score or track points
- Name of activity

Foot Mini Golf

Use items at home to create your own mini-golf hole. Use a small ball of any kind as your golf ball and your foot as the putter.

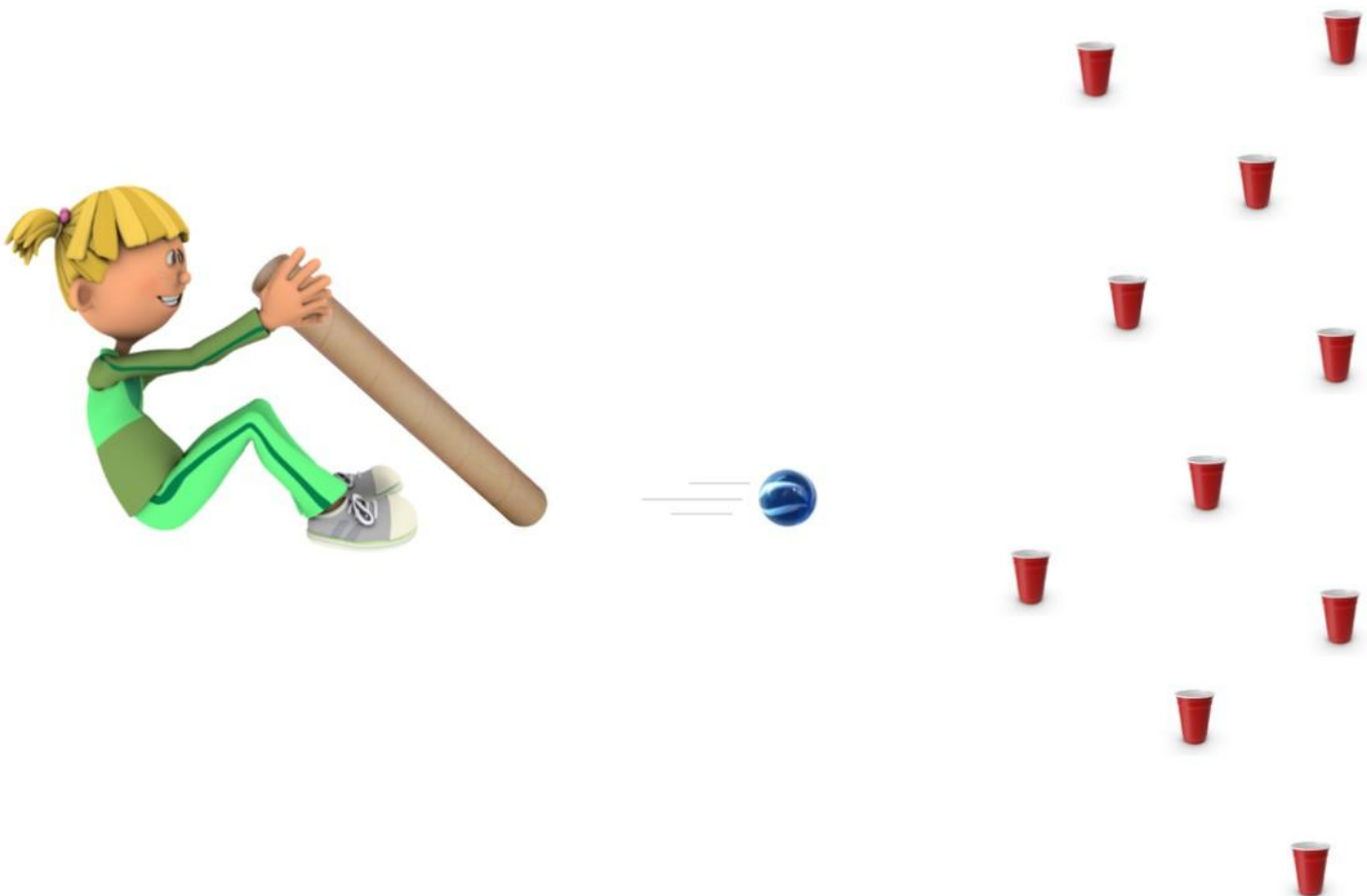


Marble Tube Targets

Directions: Use an empty paper towel tube and one marble to roll and hit as many targets as possible. Spread out a bunch of different targets around the floor. Pick a spot to roll from and when you hit a target with the marble collect and add to your pile.

Different ways to play:

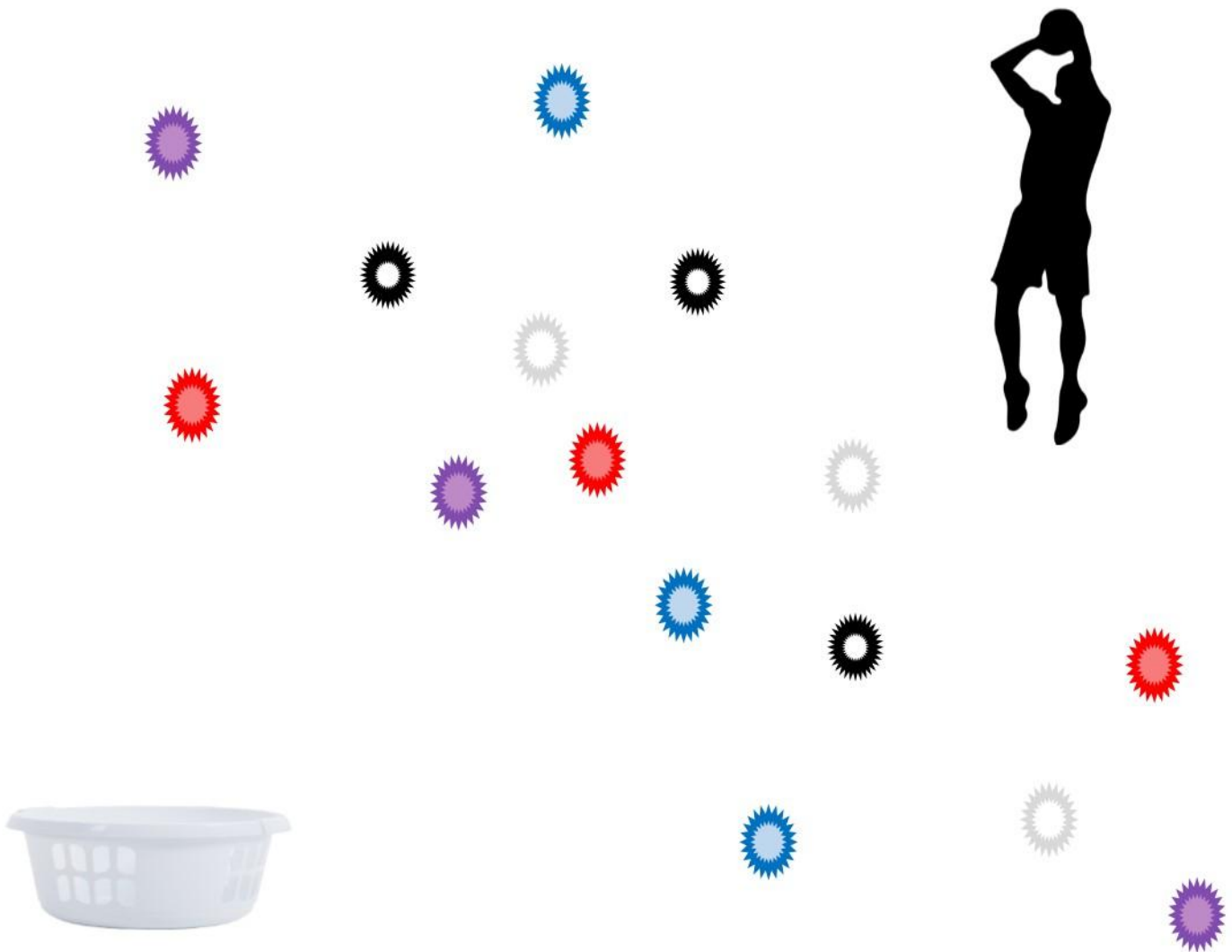
- time yourself to see how long it takes to collect all targets
- take turns with a partner
- add another tube and marble and play against a partner
- play with one partner having their eyes closed and the other partner talking to them to aim at targets
- use dice instead of a marble to make the rolls more random and unpredictable



Laundry Basketball

Directions: Scatter as many different balls of socks you have throughout a room and place a laundry basket against a wall. Shoot the balls of socks into the laundry basket as quickly as you can using your basketball shooting form. Time yourself to see how fast you can make all of them in and try to break your record each time.

Mix it up and use an underhand toss instead or switch hands to make it more difficult.



Family Workouts

Directions: Gather the family around! Set a timer for 4 or 6 minutes. Perform each exercise for 20 seconds, rest for 10 seconds in between.

Workout #1

Jumping Jacks

Plank

Ski Jumps

Squats

Workout #2

Jog in Place

Shoulder Taps

Jumping Jacks

Curl-ups

Workout #3

Ski Jumps

Side Plank

High Knees

Push-ups



Playing Card Fitness



Directions: Place a deck of playing cards on a table or the floor. Make sure you enough space to perform exercises safely. You can play individually , with a partner, or as a family. Take one card at a time and perform the exercise the number of times on the card. (Example: 4 of hearts, perform exercise 4 times.) All face cards count as 10, Ace is Wild Cards and you may choose your exercise and how many times to perform.

Here are some examples:



Jumping Jacks



Ski Jumps



Push-ups



Squats

Elbow Plank Up/Down

Jog in Place

Curl-Ups

Squat Jumps

Hop on 1 Foot

Invisible Jump Rope

Side Plank

Tree Pose

Rock, Paper, Scissors Fitness

Directions: Play Rock, Paper, Scissors with a partner. Look at the symbols below and match your combination to the exercise. Perform each exercise 10 times and play again.

Create your own exercises for the next game














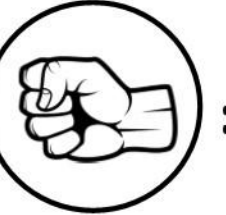
Rock
beats Scissors



Paper
beats Rock

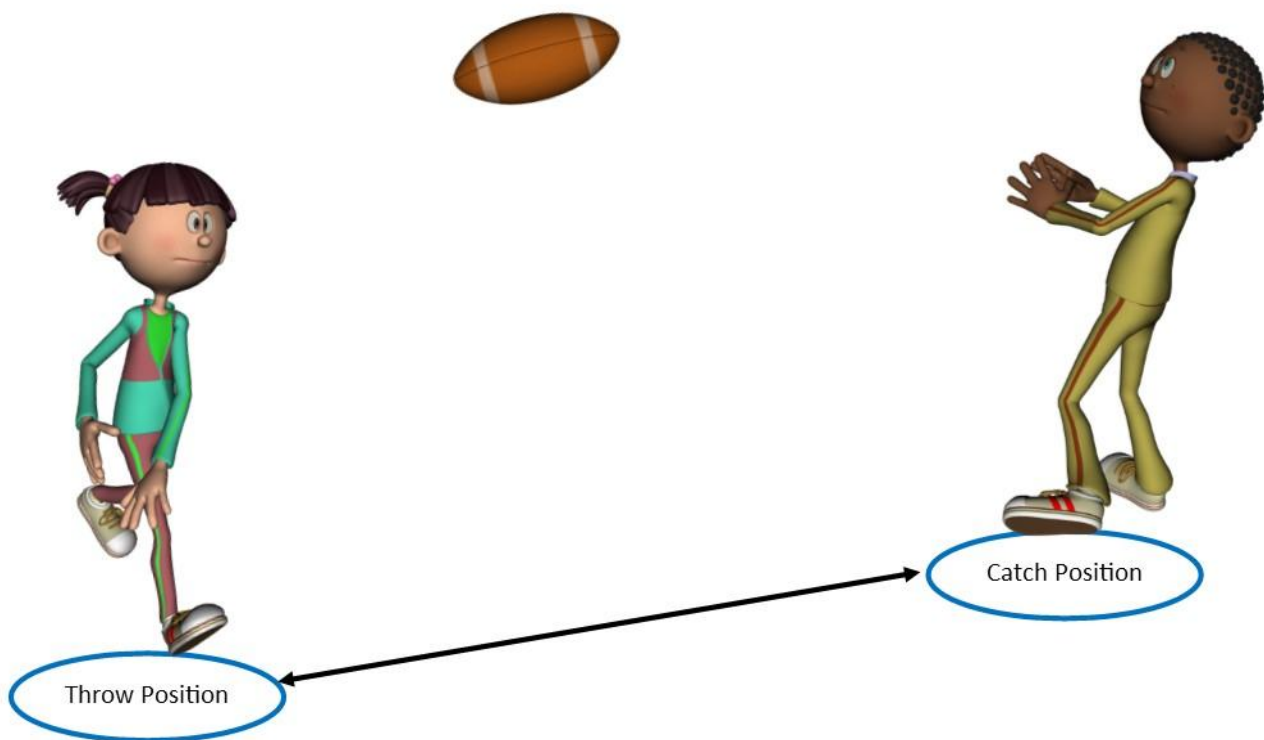


Scissors
beats Paper

	+		=	<div data-bbox="634 1031 816 1213" style="border: 1px solid black; padding: 5px; text-align: center;">JUMPING JACKS</div>		+		=	<div data-bbox="1422 1031 1604 1213" style="border: 1px solid black; padding: 5px; text-align: center;">SKI JUMPS</div>
	+		=	<div data-bbox="626 1388 808 1570" style="border: 1px solid black; padding: 5px; text-align: center;">SHOULDER TAPS</div>		+		=	<div data-bbox="1422 1409 1604 1591" style="border: 1px solid black; padding: 5px; text-align: center;">BICYCLES</div>
	+		=	<div data-bbox="618 1766 800 1948" style="border: 1px solid black; padding: 5px; text-align: center;">PUSH- UPS</div>		+		=	<div data-bbox="1422 1766 1604 1948" style="border: 1px solid black; padding: 5px; text-align: center;">SQUATS</div>

Throw, Catch, & Move

Directions: Find an object to throw with or several different objects. One partner starts as the “thrower” and one partner starts as the “catcher”. The thrower will always throw from the same spot, once a throw is made the partners switch spots and jobs. See how many throws in a row you and your partner can make. Change up the distance and the type of object you throw. Set a record for each different object.



JUGGLING SCARVES

Directions: Use a plastic grocery bag or Kleenex as a replacement for a juggling scarf. Complete as many challenges below as possible

1. Draw the alphabet in the air
2. Draw shapes in the air at all 3 levels (high, medium, low)
3. Make a Zig Zag motion to the beat of a song and change levels
4. Toss & Catch with 2 hands
5. Right Hand Toss, Right Hand Catch
6. Left Hand Toss, Left Hand Catch
7. Alternate Hands: Toss Right, Catch Left, Toss Left, Catch Right (catch at different levels)
8. Drop and Catch (ball up scarf in hand, try to catch before it touches the ground)
9. Toss and Catch Low (let it float down as close to the ground as possible, switch hands)
10. Toss and Catch High (jump and catch scarf at highest point)
11. Toss, Clap, Catch
12. Toss, Catch on Different Body Part (head, shoulder, foot, back, etc)
13. Toss, Clap, Catch on Different Body Part
14. Toss, Clap as Many Times as Possible, Catch (set your record)
15. Toss, Sit, Catch
16. Toss, Spin, Catch
17. Toss, Touch Floor, Catch

Make It, Move It

Directions: You can play this game by yourself or with someone. Find 2 objects to throw: a rolled up pair of socks, small stuffed animals are good replacements if you don't have a ball. Find 2 containers to throw into: pots, large bowls, small baskets, etc. Place the container at a starting point, make an underhand toss towards container. If you make it, move it farther away and return to throwing spot and toss again. Try to get your container moved to the other side of the room first or with the fewest tosses.



Skee Ball

Directions: Find 6 buckets, pots, pans, bowls, or anything else you can throw a ball into . Set-up the objects in a triangle pattern and assign points to each object. Play against yourself by trying to improve your score each round, or against a partner. After 10 underhand tosses count up your total. Play again!

Example Set-up:



3
P
O
I
N
T

2
P
O
I
N
T

1
P
O
I
N
T





The Floor is Lava



Home Edition

Get Parent Permission First

Directions: Lava has taken over the floor of your house. Start on one side of the room or on a piece of furniture. Use objects around your house to move across the room to another piece of furniture without falling into the lava. If you fall in, start over and try again. Objects to use: pillows, stuffed animals, cushions, towels, etc.

- Level 2: try to touch each wall of the room
- Level 3: try to travel into and out of different rooms to your house
- Level 4: time yourself or siblings to see who can cross the fastest
- Level 5: try to cross using the fewest amount of objects





Minefield

Home Edition



Directions: Spread out a number of obstacles with items found around the house in an open space. One partner is blindfolded (use towel or bandana) and will attempt to walk through the minefield without touching any "land mines". The other partner is directing them through the minefield with simple directions: step right, walk forward 2 steps, etc. Switch roles after each turn.

You can also play this with no verbal directions using soft taps on shoulders. Partners should discuss what the taps mean before beginning the game.



Overhand Throw

Directions: Hang the target on a wall. Throw a ball at the target 10 times, count how many times you hit the target, record your score. Try to beat your score each round.

Stand further back from target and repeat.

If you don't have a ball, roll up a pair of socks.

ROUND 1

ROUND 2

ROUND 3

ROUND 4

Underhand Throw

Directions: Hang the target on a wall. Throw a ball at the target 10 times, count how many times you hit the target, record your score. Try to beat your score each round.

Stand further back from target and repeat.

If you don't have a ball, roll up a pair of socks.

ROUND 1

ROUND 2

ROUND 3

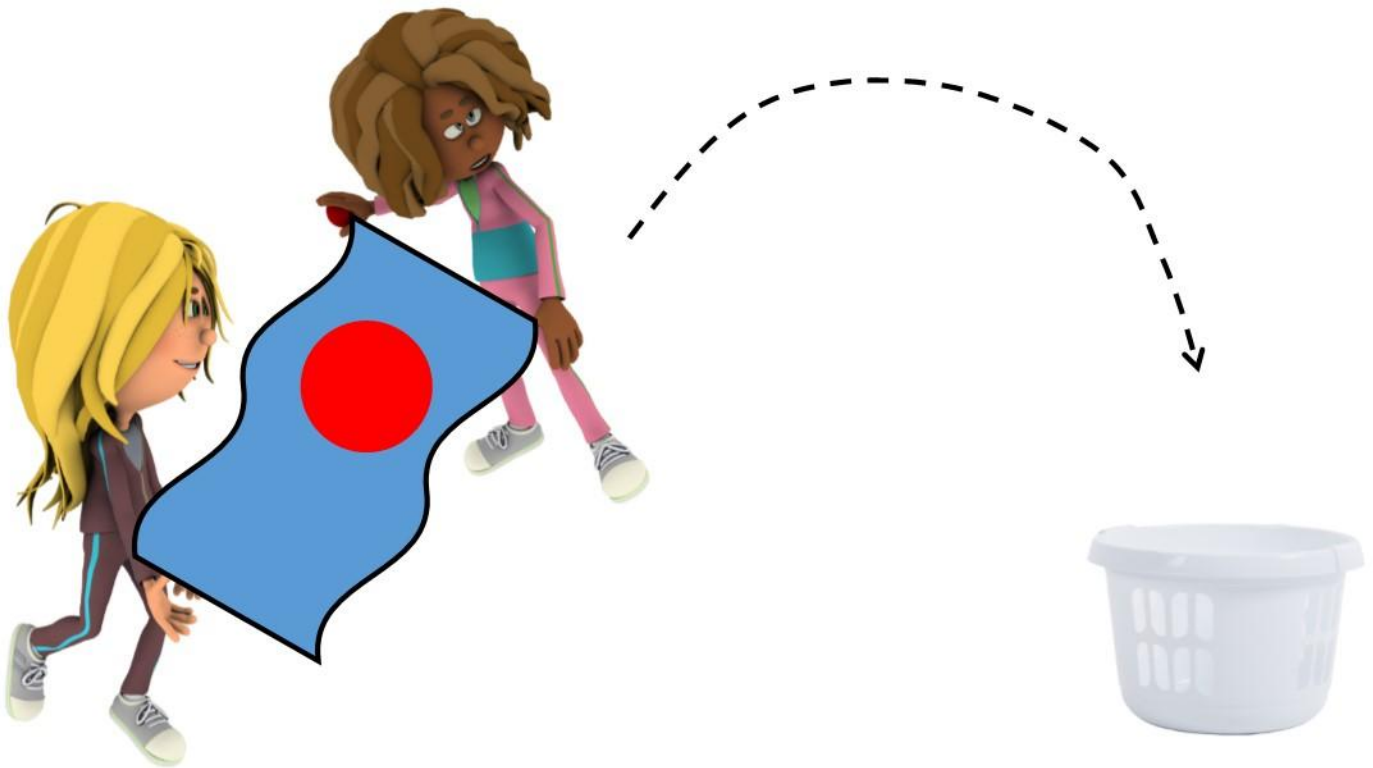
ROUND 4



Launch It

Home Edition

Directions: Partners will use a large bath towel to launch a ball or object into the air and land in a laundry basket or other type of container/basket. Time how many you can make in 2 minutes. Try to break your record each round



ACTIVITY LOG

<u>Week 1</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
Activities					
Total Minutes of Activity					

<u>Week 2</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
Activities					
Total Minutes of Activity					

Student Name _____

Parent Signature _____

Online Links

Avengers Workout

<https://www.youtube.com/watch?v=jyWyBern6q4>

Spider-Man Workout

https://www.youtube.com/watch?v=YC_V8hnU2PY&t=52s

Black Panther Workout

<https://www.youtube.com/watch?v=9SDWArXm4mA&t=2s>

Captain America Workout

<https://www.youtube.com/watch?v=QL2C0X3Gx1U&t=26s>

Iron Man Workout

https://www.youtube.com/watch?v=udK_PRSeVPI&t=26s

Guardians of the Galaxy Workout

<https://www.youtube.com/watch?v=y2nURI5xOWU>

Batman Workout: Part 1

<https://www.youtube.com/watch?v=MU7StZxAwJ0>

Batman Workout: Part 2

<https://www.youtube.com/watch?v=6QEVmcgkWMA>

Harry Potter Workout

<https://www.youtube.com/watch?v=fu-ZCwMrvKc&t=50s>

Harry Potter Workout #2

<https://www.youtube.com/watch?v=TBGOZIZ2-DY&t=83s>

Peanut Butter Jelly Dance

<https://www.youtube.com/watch?v=QI3Eww5nkrc>

Just Dance: That Power

<https://www.youtube.com/watch?v=f3XyYOLfTU4>

Just Dance: Animals

<https://www.youtube.com/watch?v=0WwrcEm9TAI>

Just Dance: Old Town Road

<https://www.youtube.com/watch?v=dx6wHN0VsJo>

Just Dance: Sunflower

<https://www.youtube.com/watch?v=ByR75vokUUs>

Physical Snacks Channel

<https://www.youtube.com/watch?v=3-TcZ7yqevl&list=PLRgEBBofOp7TBA4xgSbFUjY5gileoqkO-&index=7>

Star Wars Mindful Minute #1

<https://www.youtube.com/watch?v=Wfrpv6qpDec>

Star Wars Mindful Minute #2

<https://www.youtube.com/watch?v=ymackG7rLNY>

Would You Rather Workout

<https://www.youtube.com/watch?v=Paidh0xw-y4&list=PLiDb5S-CZDKDxkZ6LOqiIVU9vwDXEt1kD&index=4>

Basketball Challenges by Kevin Tiller

https://www.youtube.com/watch?time_continue=11&v=7_5SjJnZ96M&feature=emb_logo

Basket & n Ball Challenges by Kevin Tiller

https://www.youtube.com/watch?v=tLVN_4rOqCU&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=6&t=366s

Juggling Scarves by Kevin Tiller

<https://www.youtube.com/watch?v=sQ8TKt5H2uc&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=16>

Brain Bites by Lynn Hefele

<https://www.youtube.com/watch?v=9HfW3mJI2EU&list=PLEIsA9fRR2ekmY6wbJlsmBGLclOPTaFsk>