

Physical Education – Grades 4-5 & 6-8

April 21st - April 28th

Directions:

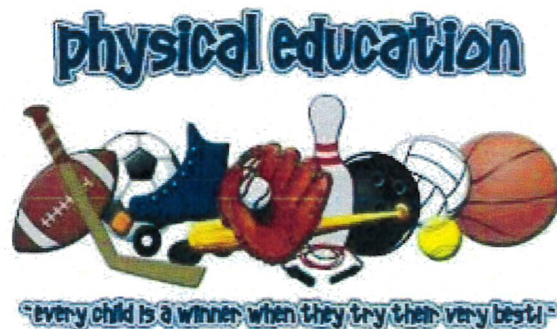
Day 1 – Complete the “Physical Education Olympics” assignment. Remember to complete each exercise using the correct form. You may rest between exercises. Make sure to record the number of repetitions you completed and the medal you earned. Return only the last page back to school.

All Week – Complete the “Activity Menu Assignment” sheet. Follow the directions at the top of the page. Remember to write the date you completed the activity in the box. Remember to challenge yourself but also be aware that you **DO NOT** need to complete everything on the list. Make sure to return the Menu back to school on April 28th.

NOTE: The extra items in this packet go with the “Activity Menu Assignment”.

Extra items include:

- Star Wars Jedi Training
- Jacks workout sheet
- The Game of Fitness
- 2 different outdoor scavenger hunts
- 1 indoor scavenger hunt





Physical Education Olympics



Directions: Today you are going to compete in the Physical Education Olympics. Complete the exercise and record the number you completed in the time allowed. **You will need a stopwatch and a helper to time and count for you. You will perform each exercise for 30 seconds. Remember to concentrate and use good form!** I've included a picture of each exercise but if you need a description or video explanation you can use Google or YouTube.



1. **Mountain Climbers:** Each time you switch your legs you should count one repetition.

Number of reps you completed: _____

Bronze = 20-30
Silver = 30-50
Gold = 50 & above



2. **Squat Jumps:** Each time you squat and then jump you should count one repetition.

Number of reps you completed: _____

Bronze = 0-10
Silver = 10-20
Gold = 20 & above

Physical Education Olympics



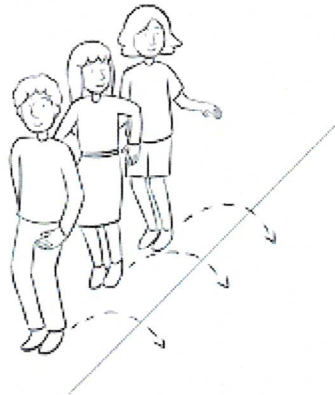
3. **Burpees:** Each time you jump at the end of your burpee you should count one repetition.

Number of reps you completed: _____

Bronze = 0-5

Silver = 5-10

Gold = 10 & above



4. **Side to Side Jumps over a Line:** Each time you jump over the line you should count one repetition.

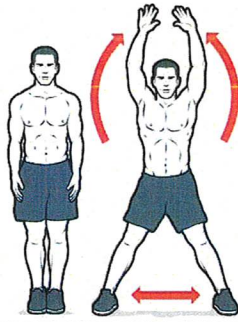
Number of reps you completed: _____

Bronze = 0-30

Silver = 30-60

Gold = 60 & above

Physical Education Olympics



5. **Jumping Jacks:** Each time your hands come together at the top you should count one repetition.

Number of reps you completed: _____

Bronze = 0-20

Silver = 20-35

Gold = 35 & above



6. **Heel Flicks (or Standing Butt Kicks):** Each time you “kick your butt” you should count one repetition. These should be done standing in one spot.

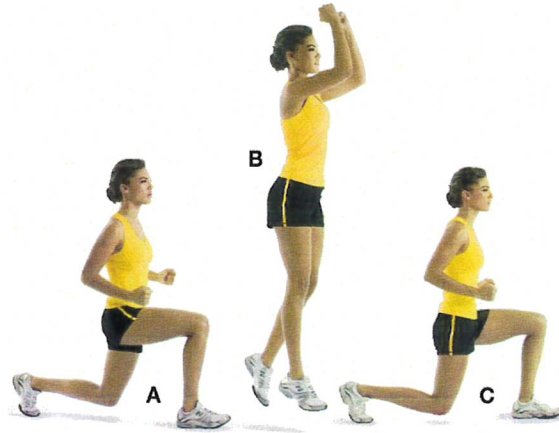
Number of reps you completed: _____

Bronze = 20-30

Silver = 30-50

Gold = 50 & above

Physical Education Olympics



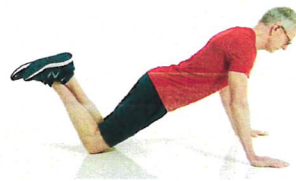
7. **Alternating Jumping Lunges:** Start in a lunge position with your right foot forward. As you jump up from your lunge you switch your legs in midair so that you land in a lunge with your left foot forward. Repeat. Each time you switch your legs you should count one repetition.

Number of reps you completed: _____

Bronze = 0-10

Silver = 10-20

Gold = 20 & above



8. **Push-Ups OR Knee Push-Ups:** Each time you lower and then lift your body you should count one repetition.

Number of reps you completed: _____

Bronze = 0-5

Silver = 5-10

Gold = 10 & above

Physical Education Olympics



9. **Plank Jacks:** Start in a push-up position. Your arms/upper body stays stationary. Jump your feet out as if you were doing a normal jumping jack and back in again. Each time you jump your feet out you should count one repetition.

Number of reps you completed: _____

Bronze = 0-15

Silver = 15-25

Gold = 25 & above

Physical Education Olympics

Name: _____

Grade: _____



NOTE: This page must be returned back to school on April 28th.

Exercise	# of Reps you completed	Medal you earned
Mountain Climbers		
Squat Jumps		
Burpees		
Side to Side Jumps		
Jumping Jacks		
Heel Flicks		
Alt. Jumping Lunges		
Push-ups or Kneed Push-ups		
Plank Jacks		

Physical Education Activity Menu Assignment

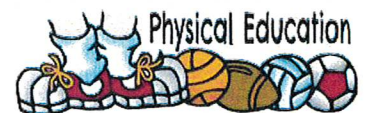
Directions: See how many activities you can complete in the next week. Each activity earns you points. You do not need to complete all the activities. You should aim to earn at least 50 points before the due date on April 28th. When you complete an activity make sure to write the date you completed it in the box.
REMEMBER: This page needs to be returned to school.

2 Points 3-5 Minutes	5 Points 10-15 Minutes	10 Points 20-30 Minutes
Sweep or vacuum a room or rooms in your home.	Complete the attached “Star Wars Jedi Training” workout sheet.	Go on a walk, run or jog (20-30 minutes).
Do jumping jacks during a TV commercial.	Play your favorite sport.	Ride a bike.
Pick any 4 exercises and repeat each one 10 times.	Walk, jog or bike (10-15 minutes).	Go on a hike in the woods.
Dance to your favorite song.	Play WiiFit or Nintendo Switch. (Tennis, Bowling or Just Dance)	Get 10,000 steps using an activity tracker (Fit Bit, Apple watch or phone app.).
Walk, jog or run around your house 5 times.	Walk your dog.	Go horseback riding.
Go up and down a flight of stairs 10 times.	Throw and catch an object with a family member. (Football, Baseball, Frisbee, etc.)	Complete the attached “Game of Fitness” activity.
Brush your dog or cat’s fur.	PE at Home: Trick Shot Challenge (Backdoor Basketball) -YouTube Video by Mike Morris	Complete the attached “Jacks” workout sheet.
Wash the dishes, load OR unload the dishwasher.	Complete the attached “Indoor” scavenger hunt sheet.	Complete the attached “Neighborhood” scavenger hunt.
Make your bed.	Call a relative and check how they are doing.	Get 5,000 steps using an activity tracker (Fit Bit, Apple watch or phone app.).

Name: _____

Grade: _____

Remember: Return this sheet back to school





STAR WARS JEDI TRAINING

#1



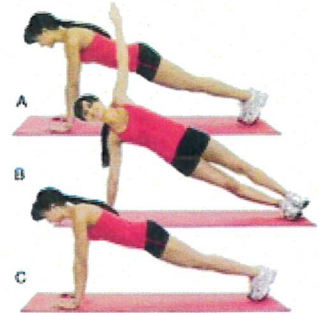
Do 25 Jumping Jacks

#2



**Do 15 Bicycle
Curl-Ups**

#3



**Do 10 Push-Up
Planks with Rotations**

#4



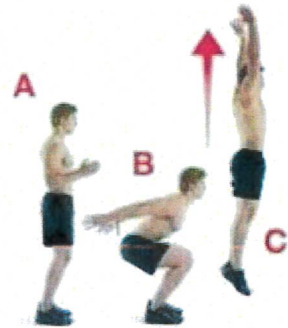
**Jog in Place
to 50 Count**

#5



**Do 15 Mountain
Climbers**

#6



Do 15 Sky Jumps



**If you finish before the
music ends, repeat the
six steps again padawan!**



@PhysEdDepot



INDOOR SCAVENGER HUNT LIST

- Q-TIP
- PENCIL
- TOOTHBRUSH
- REMOTE CONTROL
- FLIP-FLOP
- PAPER CLIP
- ENVELOPE
- BAND-AID
- COTTON BALL
- PUZZLE PIECE
- STUFFEN ANIMAL
- BLUE CRAYON
- SPOON
- ROLL OF TAPE
- SOCK
- FRAME
- SOMETHING GREEN
- BOOK
- PILLOW
- TOILET PAPER
- HAT
- CUP
- SHAMPOO
- BACKPACK

WWW.BRENTWOOD.MACARONIKID.COM



INDOOR SCAVENGER HUNT LIST

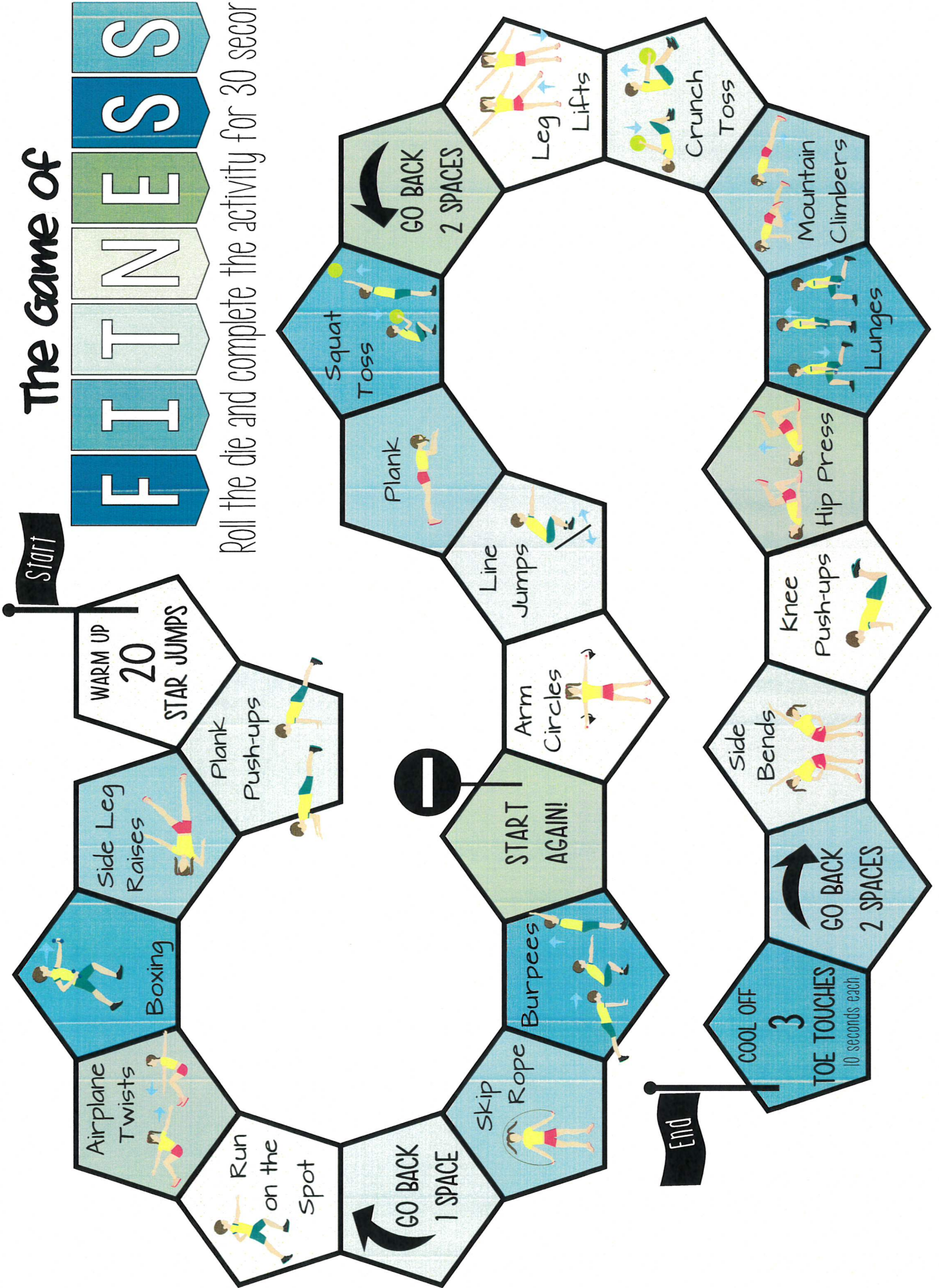


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The Game of

FITNES

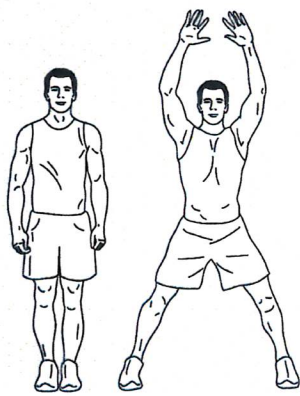
Roll the die and complete the activity for 30 seconds



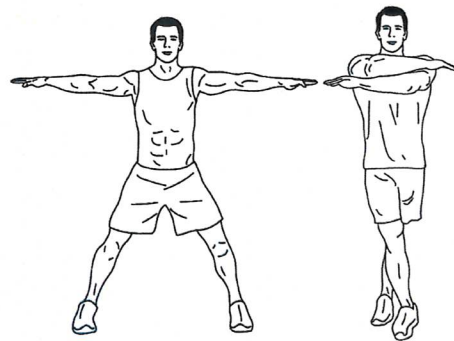
JACKS

DAREBEE WORKOUT @ darebee.com

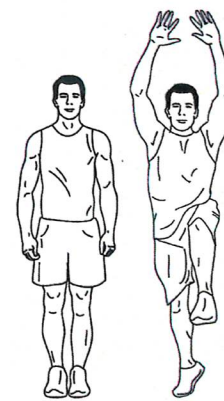
LEVEL I 10 reps **LEVEL II** 20 reps **LEVEL III** 24 reps each
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



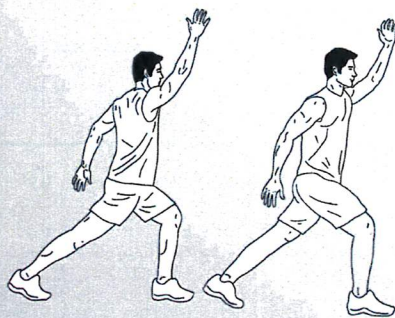
jumping jacks



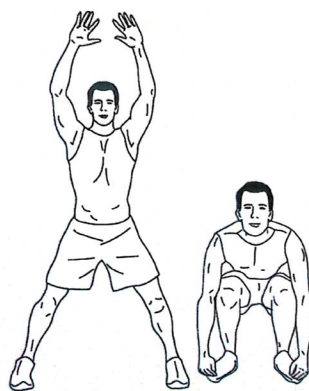
cross-jacks



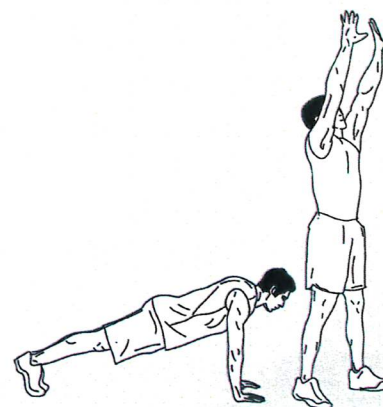
high knee jacks



split jacks



squat jacks



plank jumping jack



LET'S TAKE A WALK!



SCAVENGER HUNT



MAILBOX



PAW PRINT



YELLOW HOUSE



SKATEBOARD



ROSES



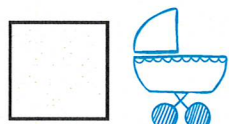
SINGING BIRD



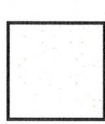
DOG



A FAMILY



STROLLER



BLUE CAR



FENCE



A FLAG



TALLEST TREE



SPRINKLERS



A RED DOOR



BICYCLE



CLOUDS



A PACKAGE



MOTORCYCLE



DELIVERY TRUCK



SCAVENGER HUNT

Directions: Take a walk around your neighborhood. When you spot an item from the list make sure to cross it off. Find as many items as you can. The only rule is that you can't use your own house. Have fun!

A house with a blue door.	A camper in a driveway.	A porch with chairs on it.
A red car.	A license plate that spells a word.	An outside light that is turned on.
A plant in the window.	A house with the number "5" on it.	An open garage door.
A garbage can.	A fire hydrant.	A window with hearts in it.
A recycling bin.	A house with 3 cars in the driveway.	A basketball hoop.
Someone walking a dog.	A bicycle.	A house with sidewalk chalk creations.
A "For Sale" or "Sold" sign.	A house with a "Welcome" sign.	A house with no cars in the driveway.
A scooter or motorcycle.	Someone pushing a stroller.	A red mailbox.
A house with a flag displayed.	A brown house.	A birdhouse.