

# PE / Health

## Remote Learning/NTID

### Week 2020/2021

Week **2** PACKET

This packet is to be completed when you receive a message of

**"NO SCHOOL – Remote Learning Week"**

The work must be completed and turned in after we miss for inclement weather or other special circumstances, such as COVID-19.












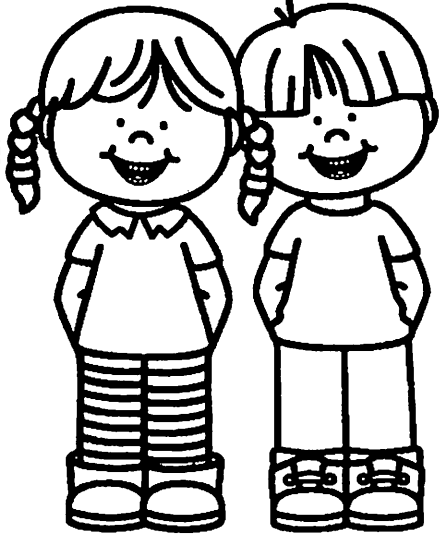

















You may send a message on LiveGrades or call the school if you have any questions about the assignments.

Please do not work ahead and **ONLY** complete **ONE** Packet for each Week that we miss school.

Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

# Movement Mat: Pick a Challenge Move

<p><b>Let's drive.</b> Pretend you are driving. You can drive fast. You can drive slowly. You can take a sharp corner and put on the brakes.</p> 	<p><b>Let's leap!</b> Can you leap on one foot? Let's try the other foot. Leap with both feet like a frog. Can you take little and big leaps like a rabbit?</p> 	<p><b>Let's go to the farm!</b> Have an adult call out a farm animal. You will act out the animal. Don't forget to make the matching sound!</p> 	<p><b>Let's fly!</b> Use a piece of paper to create a paper airplane. Throw the plane and chase after it each time to catch up to it.</p> 	<p><b>Let's grow!</b> You will practice growing like a flower. Start small and then grow, grow, grow as you bloom into a big flower.</p> 	<p><b>Let's crawl.</b> Using items in your house, make your own tunnel or cave. Take a stuffed animal through the tunnel or cave.</p> 	<p><b>Let's row!</b> Put down a towel or blanket as your boat. Practice rowing long strides. You will row back and forth on both sides.</p> 	<p><b>Let's bounce!</b> Can you bounce a ball high? Can you bounce it down low? Can you bounce the ball 3 times? Can you catch the ball?</p> 	
<p><b>Let's imagine!</b> Pretend you are a superhero. Act out your favorite superhero around the house.</p> 	<p><b>Let's color tap!</b> Have an adult call out a color. You will run through the house and tap as many items as you can that are the color.</p> 	<p><b>Let's bowl.</b> Set up plastic cups. Using a rubber ball, bowl to see how many cups you can knock down. Continue to set up the cups to bowl.</p> 	<p style="text-align: center;"><b>Let's Move!</b></p> 	<p><b>Let's jump!</b> Jump high 10 times. Jump low 10 times. Try 10 jumping jacks. Can you do it again?</p> 	<p><b>Let's clean up!</b> Help pick up an area in your home as quickly as you can. If you go quick enough, then you get to do two or three rooms!</p> 	<p><b>Let's flutter!</b> Pretend you are a butterfly. Fly and flutter around the house. Don't forget to stop for some nectar.</p> 		
<p><b>Let's grab!</b> Use a pair of kitchen tongs or your fingers. Try to grab little items like socks, crayons, or building blocks.</p> 	<p><b>Let's stomp!</b> Pretend you are a dinosaur. Take big steps as you stomp around the house. Chomp, chomp, CHOMPI!</p> 	<p><b>Let's use our toes!</b> Place little items on the floor, like marbles, blocks, or crayons. Use your toes to pick up the items.</p> 		<p><b>Let's hop!</b> Pretend you are hopping over or maybe through mud puddles. Make sure you hit all the big and muddy puddles.</p> 	<p><b>Let's sweep!</b> Practice the sweeping motion by helping sweep a room in your home. You can help sweep, sweep, sweep!</p> 	<p><b>Let's drum!</b> Can you make a drum from items in your house? Let's keep beat on the drum. 1, 2, bang! 1, 2, bang!</p> 		
<p><b>Let's jump!</b> Place stuffed animals or other safe items on the floor. Practice jumping over each item.</p> 	<p><b>Let's mirror!</b> Mirror dance with an adult. You will do a dance and then the adult will mirror you. Switch it up and mirror your adult.</p> 	<p><b>Let's skip!</b> You can skip slowly like a turtle. You can skip quickly like a quick grass-hopper.</p> 		<p><b>Let's go to the zoo!</b> Have an adult call out a zoo animal. You will act out the animal. Don't forget to make the matching sound!</p> 	<p><b>Let's slither!</b> Get down on the ground and slither around back and forth. You can slither slowly, or you can slither quickly.</p> 	<p><b>Let's zoom!</b> Pretend you are a jet plane. Fly and zoom around the house. Don't forget to turn on your jet engines.</p> 	<p><b>Let's crab walk!</b> Crab walk around your house. Try to crab walk slowly and crab walk quickly.</p> 	<p><b>Let's stop and go.</b> We will play "Red light, Green light." An adult will yell out "Green light" for us to move until we hear "Red light."</p> 

## PE / HEALTH

# WORKOUT FOR BEGINNERS

## what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE. FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

# PE / HEALTH

Name: \_\_\_\_\_

## Health

## Word Search



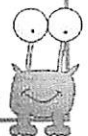
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DOCTOR  
BODY  
HEART  
LUNGS  
OXYGEN

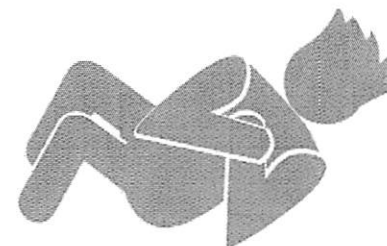
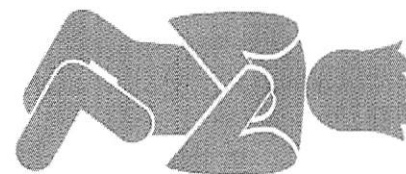
VIRUS  
BACTERIA  
EXERCISE  
HOSPITAL  
COLD

STRESS  
MEDICINE  
BLOOD  
DISEASE  
HYGIENE



# INVISIBLE DUMBBELL DUMBBELL CRUNCH

- Lay on your back with your knees bent, holding the invisible dumbbell on your chest.
- Slowly curl your head and shoulders up, and then lower back down to the starting position.



***Muscle Focus: Rectus Abdominis***

**OPEN**

**US Games**

**MOVEMENT**  
MADE FOR NOW



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.