

# PE / Health

## Remote Learning/NTID

### Week 2020/2021

Week **3** 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: \_\_\_\_\_

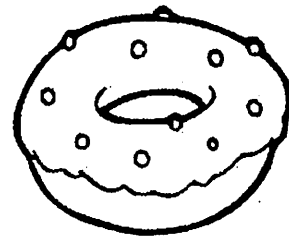
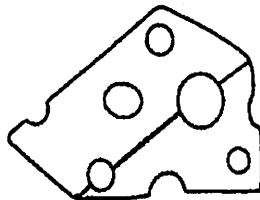
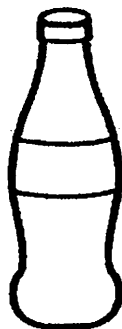
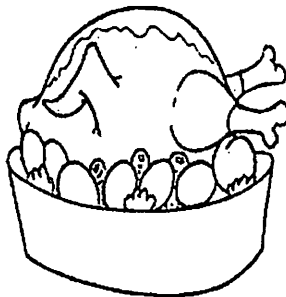
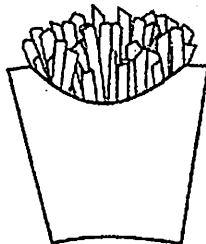
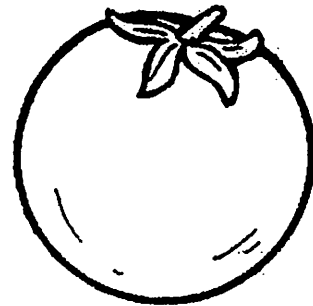
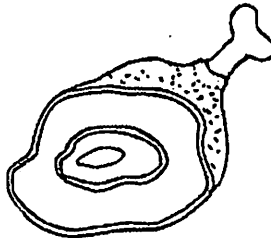
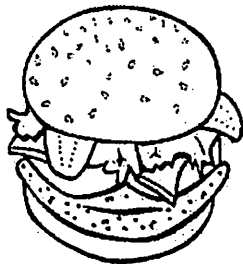
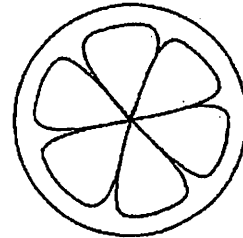
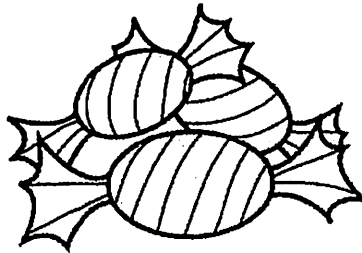
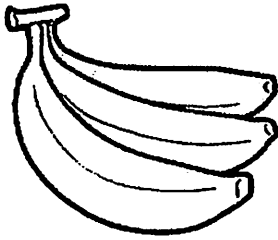
Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

# PE/HEALTH

NAME: _____ Home Room Teacher: _____		How many can you do in 100 seconds?
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	

# PE / HEALTH

## HEALTHY OR NOT HEALTHY?



Cross out the unhealthy foods. Color the healthy foods.

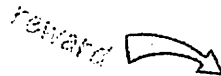


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<https://preschoolplanet.us/category/worksheets/>

# PE / HEALTH

## GET OUT AND PLAY

1. do 6 cartwheels
2. roll across the grass on your side 10 times
3. take 15 giant steps forward
4. run to the nearest building (or built object) & back 3 times
5. hop on one foot 8 times - repeat with other foot
6. spin around with your arms outstretched 10 times
7. hop like a frog 7 times
8. take 15 giant steps backwards
9. walk like a crab to the nearest building (or built object) & back
10. jump up and down 14 times
11. walk like a bear to the nearest building (or built object) & back
12. take 15 giant steps sideways - repeat other side



If I do this circuit every day for a week I receive: .....

For each extra circuit I do I will receive: .....

week of: .....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHECK IF DAILY CIRCUIT COMPLETED							
NUMBER OF EXTRA CIRCUITS COMPLETED							



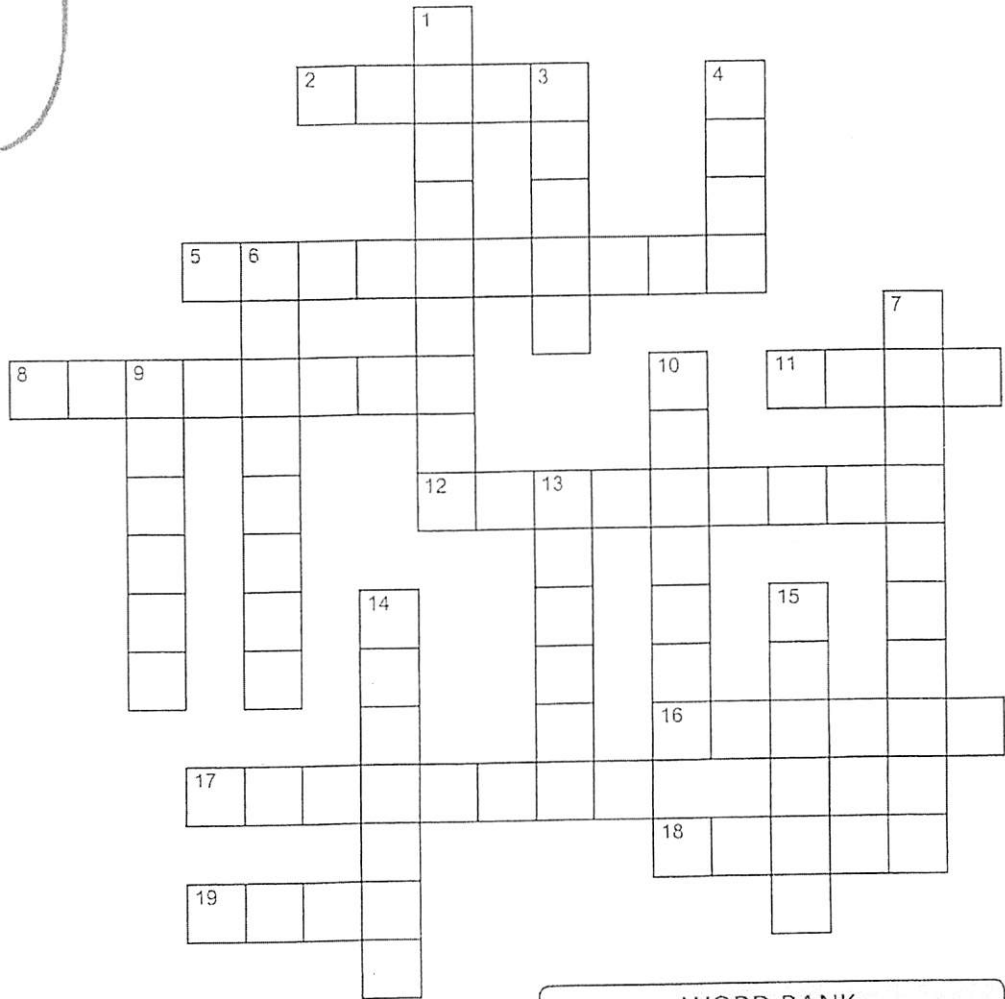
# PE / HEALTH

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



## I Love My Teeth

### Crossword



**Across**

- 2. Thread to clean teeth.
- 5. She might leave you money for your tooth.
- 8. Small organism that can rot your teeth.
- 11. Part of tooth embedded in your gums.
- 12. An expert in clean teeth.
- 16. Sticky coating on teeth where bacteria multiply.
- 17. False teeth.
- 18. Incisors, molars, and bicuspids.
- 19. Tissue surrounding teeth.

**Down**

- 1. What you might gargle with.
- 3. Can give you cavities.
- 4. Picture taken during a dental exam.

- 6. What the dentist said.
- 7. Tool for cleaning your teeth.
- 9. Decayed part of a tooth.
- 10. Visit to the dentist.
- 13. Rinse your throat.
- 14. Tooth doctor.
- 15. Teeth straightening wires.

**WORD BANK**

- |           |             |
|-----------|-------------|
| BACTERIA  | MOUTH WASH  |
| BRACES    | OPEN WIDE   |
| CAVITY    | PLAQUE      |
| CHECKUP   | ROOT        |
| DENTIST   | SUGAR       |
| DENTURES  | TEETH       |
| FLOSS     | TOOTH FAIRY |
| GARGLE    | TOOTHBRUSH  |
| GUMS      | X-RAY       |
| HYGIENIST |             |

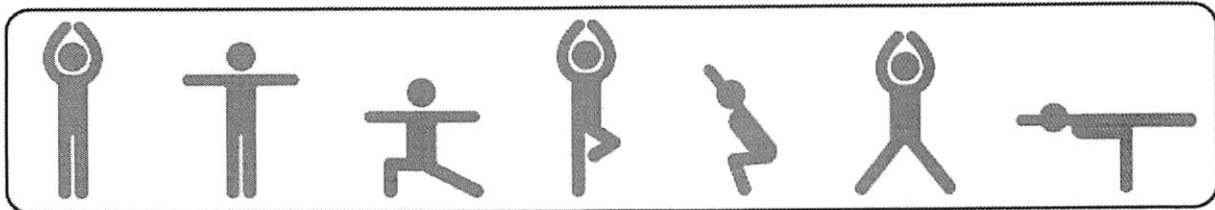
# BALANCE POSE RPS

## Game Set-Up

- Stand 6 feet across from a partner.

## Game Instructions

- The object of Balance Pose RPS is to win as many RPS matches as you can while holding different balance poses.
- On the start signal, choose a balance pose from the bottom of this page. Then play RPS while holding that balance pose. It's okay if you and your partner choose different poses to begin the game.
- For the next match, the player who wins gets to choose the pose that both players will hold while playing. Continue until you hear the stop signal.



**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.*