

**Blizzard Bag- Mrs. Casper
Physical Education Lesson Day #1**

Name: _____ Grade: _____

Homeroom Teacher: _____

Muscular Strength and Endurance are two components of Health Related Fitness.

K-2 grades- Show your family how to do ABC Push-ups. Now do three sets of ABC Push-ups together. ABC Push-ups will help increase your muscular strength and endurance.

3-4 grades- Show your family what a good pushup looks like. See how many good pushups you can do in one minute. Write the number here:

Aerobic Endurance is when your heart, lungs, and muscles work together to over time.

K-2 grades- - Can you show your parents how to do jumping jacks? Now do 25 jumping jacks with your family. I hope your heart was beating fast when you were done!

3-4 grades- How many star jumps can you do in one minute? Record the number here:

Flexibility is the ability to bend, stretch, and twist your body.

K-2 grades- -show your family one body shape that is a twist and one that shows stretch. Now do them together. Can you hold them for 20 alligators? (Seconds)

3-4 grades- Perform an upper body stretch and a lower body stretch from the page provided. Make sure you do your stretch on your right side and left side. Hold them for at least 20 seconds.

You should get 60 minutes of moderate to vigorous activity each day. In the boxes below color in one square for every 10 minutes of activity you have completed today.

Activities may include:

Aerobic Exercises: walking, swimming, running,

Recreational Activities: volleyball, basketball, soccer, tennis

Everyday Activities: play outside, take the stairs, help around the house, walk your pet, pick up toys, go for a walk

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***Your goal is to have all boxes colored in, which is a total of 60 min. of activity!**



Neck stretch



Cross-chest stretch



Triceps stretch



Arm raises behind back



Hips and gluteus stretch



Modified hurdle stretch



Quadriceps stretch



Straddle stretch



Butterfly stretch



Heel stretch