

**Blizzard Bag- Mrs. Casper  
Physical Education Lesson Day #2**

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

Homeroom Teacher: \_\_\_\_\_

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

**K-2 grades-** Can you do a wall sit and say the alphabet two times? Try it with your family.

**3-4 grades-** Show your families what a good curl up looks like. See how many good curl ups 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-** Pick a song you can dance to. Dance and keep moving with your family for the whole song. I hope your heart was beating fast when you were done!

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

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

**K-2 grades-** Draw two pictures of something that you did at home that needed flexibility.

**3-4 grades-** Draw three pictures of something that you did at home that needed flexibility.

**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



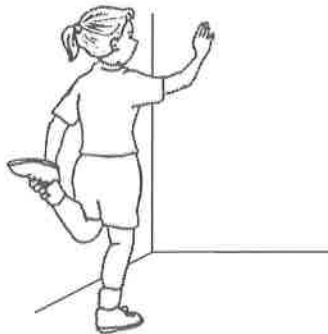
Arm raises behind back



Hips and gluteus stretch



Modified hurdle stretch



Quadriceps stretch



Straddle stretch



Butterfly stretch



Heel stretch