

**Blizzard Bag- Mrs. Casper
Physical Education Lesson Day #3**

Name: _____ Grade: _____

Homeroom Teacher: _____

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

K-2 grades- Use your muscular strength to jump to the ceiling as high as you can 10 times.

3-4 grades- Perform 10 good push-ups and 10 good curl ups during three commercials while watching TV.

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

K-2 grades- Jog in place during a whole commercial break while watching TV.

3-4 grades- High Knees in place during a whole commercial break while watching TV.

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

K-2 grades- Pick two stretches from the paper provided and hold them for 20 "alligators" (seconds.)

3-4 grades- Perform an upper body stretch and a lower body stretch from the page provides. 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



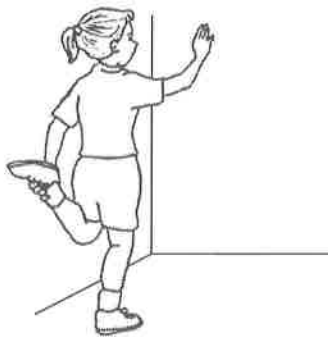
Arm raises
behind back



Hips and gluteus stretch



Modified hurdle stretch



Quadriceps stretch



Straddle stretch



Butterfly stretch



Heel stretch