

Physical Education Activity Packet

In this packet are a few fun resources to help our students continue to be active even when they aren't in school!

1—Physical Activity Log: This is a guide for students to log their physical activity minutes every day for two weeks. The goal is to achieve 60 minutes of physical activity every day. There are 3 categories to help achieve that goal.

2—DEAM (Drop Everything And Move) Calendar: Each day, students are asked to complete a different activity with a family member (or with adult supervision). The days of the month match up with the activity for the day. For example, on March 29th students will complete activity listed next to day 29 on the March calendar. In April, students will complete the activities that coordinate with the date (April 2nd=Activity listed next to day 2 on April calendar).

3—Home Activities: Included at the end of the packet are some activities that students might be interested in trying out with friends or family. These activities are optional, but could be a fun way to check off the activity #2 box on the physical activity log!



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.

Have an adult sign their initials next to each day that you complete.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	DEAM Calendar Challenge 15 Mins	Play with Family/friends 30 Mins	Walked for 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



Physical Education

ACTIVITY LOG

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Week 3:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	DEAM Calendar Challenge 15 Mins	Play with Family/friends 30 Mins	Walked for 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 4:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

MARCH

DEAM Calendar Drop Everything And Move

BE GOOD
by being helpful

Name:

Teacher:

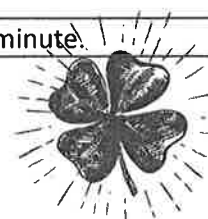
Purpose: This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions: After a student completes a day's activity, adults make a check mark and initial in the space provided. Each week, you can miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	2	Play with a friend.
	3	Do as many curl-ups as you can.
	4	March Madness: Take 64 imaginary jump shots.
	5	Say your math facts while doing reverse lunges.
	6	Take a walk.
	7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
	8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	9	Play a game that is active. You decide what that is.
	10	Do as many trunk-lifts as you can.
	11	Take 32 imaginary dunks and 16 cross-over dribbles.
	12	Do push-up shoulder taps while reciting your spelling words.
	13	Take a walk.
	14	Run in place and name 3 reasons why exercise is good for your body.
	15	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	16	Take a walk.
	17	Do as many scissor jumpers as you can.
	18	Do a jumping jack for each letter in your spelling words--spell the word out loud
	19	Hold the Superman stretch for 15 seconds.
	20	Take a walk.
	21	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
	22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	23	Play outside.
	24	Do as many push-ups as you can.
	25	Take 2 laps around a pretend court and 1 giant star-jump!
	26	Do 10 crunchers and 10 pushups
	27	Take a walk.
	28	See how many jumping jacks you can do in 1 minute.
	29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	30	Hold a plank for 1 minute and read a book while doing it.
	31	Do as many spaghetti, meatball, rocketships as you can in 1 minute.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.



APRIL

DEAM Calendar Drop Everything And Move

SPRING
into action

Name:

Teacher:

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Spring into Action: Find someone to do 20 jumping jacks with you.
	2	Say your math facts while doing crunchers.
	3	Take a walk.
	4	Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.
	5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	6	Help a family member or friend with some spring cleaning!
	7	Do as many bell jumpers as you can.
	8	Spring into Action: Find 2 people. Do 30 jumping jacks together.
	9	Do push-up shoulder taps while reciting your spelling words.
	10	Take a walk.
	11	Did you know ice cream has ~13 grams of fat? Do 13 windmills.
	12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	13	Hold a 30 second plank.
	14	Do as many crab kicks as you can.
	15	Spring into Action: Find 3 people. Do 40 jumping jacks together.
	16	Perform push-ups while naming different sports you can play.
	17	Take a walk.
	18	Did you know donuts have ~280 calories? Jog in place and count to 280 (Second graders). (28 for kindergarten, 80 for 1 st graders)
	19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	20	Get 60 minutes of physical activity. You choose how!
	21	Do as many push-ups as you can.
	22	Spring into Action: Find 4 people. Do 50 jumping jacks together.
	23	Read a book while doing a wall sit.
	24	Take a walk.
	25	Hold the Iron Man pose for 15 seconds.
	26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	27	Invent a game and try it out!
	28	Do as many crunchers as you can.
	29	Spring into Action: Find 5 people! Do 60 jumping jacks together.
	30	Spring into Action: Find someone to do 20 jumping jacks with you.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.



DECK OF FITNESS

ACTIVITY GOALS

- I will perform exercises with perfect form and at a safe speed.

TEACHING TIPS

- Use Proper Form
- Pace Your Movement
- Have Fun!

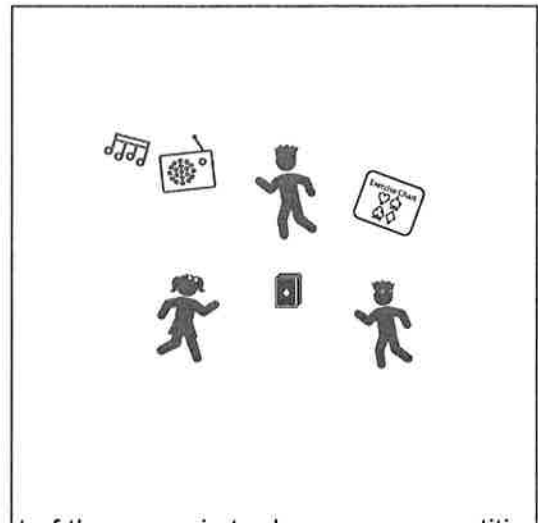
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of cards
- Fun music and music player
- If you don't have cards, you can make your own on paper!

Set-Up:

- Shuffle and place the deck of cards face down where everyone can reach it.
- Create an exercise chart using the list shown under the "Tips" section below. (It's okay to modify your chart using different exercises.)



Activity Procedures:

- Today's friendly competition is Deck of Fitness. The object of the game is to do as many repetitions as you can of each exercise.
- When you draw a card, you'll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
- Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.
- In round 1, you and your friends will play together and select 1 card for everyone to perform. In round 2, you can compete: Everyone will choose their own card and complete their own repetitions/exercises.

Tips:

- Make sure you pace your activity safely. Don't give up form for the sake of speed.
- Be sure you have enough activity space for safe movement.
- Follow this format, or create your own:
 - Hearts = Jumping Jacks
 - Clubs = Push-Ups
 - Diamonds = Scissor Jumpers
 - Spades = Crunchers

EATING
HEALTHY
101

- Hydration Station:** Be sure to stay hydrated before, during, and after exercising. Water has zero calories and is the best way to stay hydrated!

THE DANCE PARTY

ACTIVITY GOALS

- I will demonstrate cooperation and positive communication while creating a group dance.

ACTIVITY SET-UP & PROCEDURE

Equipment:

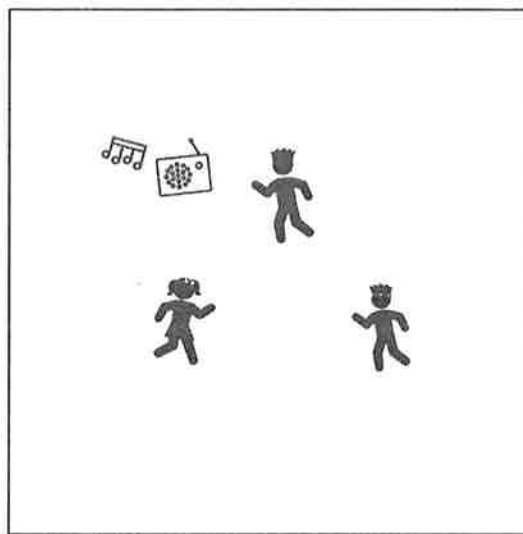
- Dance Cards
- Upbeat, fun music and music player

Set-Up:

- Create a safe space large enough to dance with friends.
- Get your music ready!

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First



Activity Procedures:

- It's time for a dance party!!! You're going to make this party ROCK by creating your very own dance.
- You'll create a dance for 8 counts (beats) using the Dance Card to give you movement ideas.
- Now it's time to practice! Start the music and let everyone perform their dance moves at the same time!
- Then, let's put our moves together. First, your friend will perform her/his dance for 8 counts. Next, you'll take a turn and perform yours. Continue through all of your friends' moves.
- Next, teach each other your dance moves, put them in a sequence and then complete the entire dance all together! Keep the music pumping and dance!

Tips:

- Practice counting 8 beats by clapping and counting to aloud to the music. Next, jump up and down while counting aloud to the music. Finally, jump up and down for 8 counts, clap for 8 counts, and then repeat until everyone understands how to count 8 beats of music.

- Healthy Lifestyle:** Remember to eat at least 5 portions of fruit and veggies every day! It's easier than it sounds. Why not slice some banana over your breakfast cereal or reach for a piece of fresh fruit for your mid-morning snack?! Keep in mind, unsweetened 100% fruit juice, vegetable juice, and smoothies can only count as 1 of your 5 servings each day. For example, if you have 2 glasses of fruit juice and a glass of vegetable juice, that still only counts as 1 serving of fruit and veggies. Limit the amount of juice you drink; eat fresh fruits and drink water instead.

DANCE PARTY CARDS

Robot Dance	Basketball Dance
Football End Zone Dance	Superhero Dance
Floss Dance	Soccer Dance
Tiptoe Dance	Fortnite Dance

JUMP 4 ENDURANCE RHYMES

ACTIVITY GOALS

- I will learn and perform jump rope endurance rhymes.

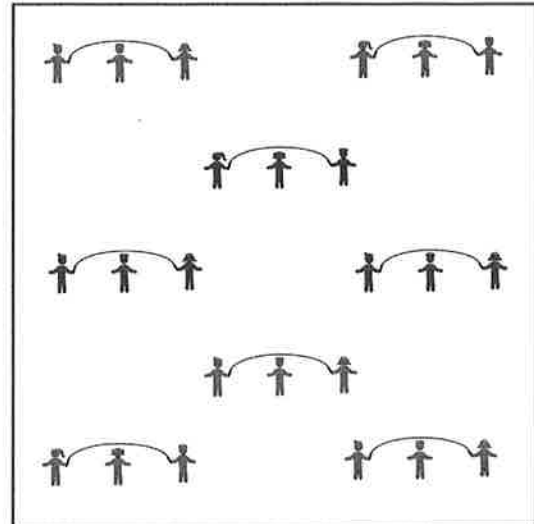
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 long jump rope per 3 players
- 1 short jump rope per player

Set-Up:

- 3 players at a rope.
- Spread out in general space with enough space to turn the rope safely.
- Get your jump ropes ready!



Activity Procedures:

- Let's see how long we can jump our ropes using the endurance rhymes listed below.
- To start, begin jumping your rope while calling out the rhyme. Keep counting (or saying the alphabet) until you make a jump rope mistake and have to stop.
- How many jumps can you make in a row with no mistakes?
- After you master each rhyme, work to try and add all of the different jump rope tricks that you know.

Endurance Rhymes:

- I can jump. I can hop. How many jumps before I stop? 1, 2, 3, 4...
- Up, and up. Down, and down. Jump and make the world go 'round! 1, 2, 3, 4...
- Pick a fruit. Pick a veggie. How many picked before I'm ready? 1, 2, 3, 4...
- ABCs and vegetable goop. What letters land in the vegetable soup? A, B, C, D...

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- Focus on Fruit:** Eating a fresh apple (including the skin!) is one of the best things you can do with your teeth on any given day. Eating the skin with the rest of the apple gives you twice as much fiber when compared to peeled apple slices. Not to mention all of the other essential nutrients that are found mostly in the skin. Eat up!

Looking for more physical education and activity ideas?
Visit OPENPhysEd.org and find free activity plans and resources.

What is OPEN? OPEN is a national grassroots organization of teachers helping teachers working to provide physical educators and activity leaders free curriculum tools and outstanding professional development experiences. OPEN is a public service of [BSN Sports](#) and [US Games](#) with a network of 60 national trainers providing curriculum support and professional development experiences to teachers around the world. More than 43,000 teachers have downloaded lesson plans and resources that have enhanced the educational experience of 22 million students.

SLAM BALL

ACTIVITY GOALS

- I will demonstrate fair play and cooperation with others.

TEACHING TIPS

- Aim for Target
- Move to Ball
- Soft Hands to Catch

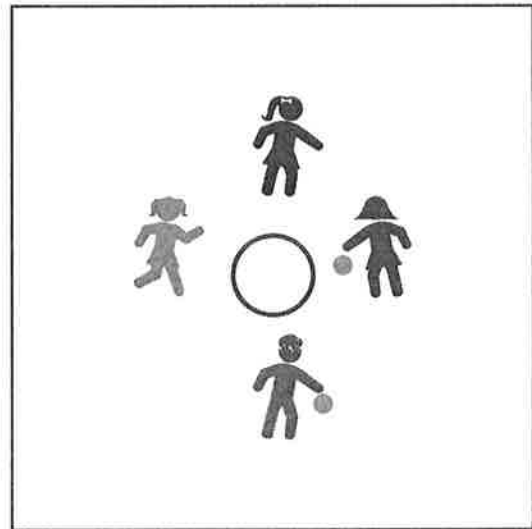
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 hoop per 2 (or 4) players (or chalk circle on a sidewalk or driveway)
- 1 ball per 2 players (A playground ball or a tennis ball will work. Really, any ball that bounces and can be caught safely.)

Set-Up:

- 2 players stand on opposite sides of a hoop, at least 1 step away.
- If sharing a hoop, 2 other players can stand perpendicular at the same hoop.
- 1 player starts holding the ball.



Activity Procedures:

- It's time to play Slam Ball. The object of the game is to successfully catch the ball after it bounces in the hoop or chalk circle.
- To start the game, the 1st player throws the ball into the hoop. The 2nd player attempts to catch it.
- Scoring:
 - Ball does not hit inside the hoop (point for receiving player)
 - Ball hits inside the hoop, but does not bounce at least 1 step away from hoop (point for receiving player)
 - Ball hits inside the hoop and bounces over the head of the receiver (point for receiving player)
 - Ball is not successfully caught by receiving player (point for serving player)
- If 4 players are sharing a hoop and the 2 balls collide, this is a "slam," and the 2 players who threw the balls switch opponents.

Tips:

- Start with a cooperative version of Slam Ball. How many throws and catches can you make in a row?
- Ready for competition? Get an edge by throwing the ball so that it bounces out of the hoop with different trajectories.

EATING
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- FACT:** Slam ball is fun, but slamming your food isn't! Everyone can benefit from slowing down a little while they eat. It takes 20 minutes from the time you start to eat for your brain to tell you that you're full. Eating too quickly can lead to overeating and other digestive problems. So, slow down and enjoy your food!