

Douglas County Digital Learning Plans: Elementary Physical Education



Index:

Complete on your PE Days (every other day)

In case of missing more than 5 days of school, repeat the activities or find creative ways to be active. See the *Global Recommendations on Physical Activity for Health* page for recommended activity time each day.

Day 1: Read *Global Recommendations on Physical Activity for Health* & Complete Indoor Physical Fitness Trail (pgs. 3-8)

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Global Recommendations on Physical Activity for Health

5–17 years old

The scientific evidence available for the age group 5–17 years supports the overall conclusion that physical activity provides fundamental health benefits for children and youth. Appropriate levels of physical activity contribute to the development of:

- healthy musculoskeletal tissues (i.e. bones, muscles and joints);
- healthy cardiovascular system (i.e. heart and lungs);
- neuromuscular awareness (i.e. coordination and movement control); and
- It also facilitates maintenance of a healthy body weight.

Moreover, physical activity has been associated with psychological benefits in young people by: improving their control over symptoms of anxiety and depression; and assisting in social development by providing opportunities for self-expression, building self-confidence, social interaction and integration.

Recommendations:

For children and young people, physical activity includes play, games, sports, transportation, chores, recreation, physical education, or planned exercise, in the context of family, school, and community activities. The recommendations to improve cardiorespiratory and muscular fitness, bone health, and cardiovascular and metabolic health biomarkers are:

1. Children and youth aged 5-17 should accumulate at least 60 minutes of moderate - to vigorous-intensity physical activity daily.
2. Amounts of physical activity greater than 60 minutes provide additional health benefits.
3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week.

These recommendations are relevant to all healthy children aged 5–17 years, unless specific medical conditions indicate to the contrary, irrespective of gender, race, ethnicity, or income level. Whenever possible, children and youth with disabilities should meet these recommendations. However they should work with their health care provider to understand the types and amounts of physical activity appropriate for them considering their disability.

If children are currently doing no physical activity, doing amounts below the recommended levels will bring more benefits than doing none at all. They should start with small amounts of physical activity and gradually increase duration, frequency and intensity over time.

The concept of accumulation refers to meeting the goal of 60 minutes per day by performing activities in multiple shorter bouts spread throughout the day (e.g. 2 bouts of 30 minutes), then adding together the time spent during each of these bouts.

For further information see: <http://www.who.int/dietphysicalactivity/pa/en/index.html> or contact WHO on dietandhealth@who.int

Indoor Physical Fitness Trail

Create your own fitness trail by following these steps:

Copy or Print the activity signs on paper or card stock, then cut them apart.

Post the signs throughout your home, particularly in areas that are frequently visited by your student.

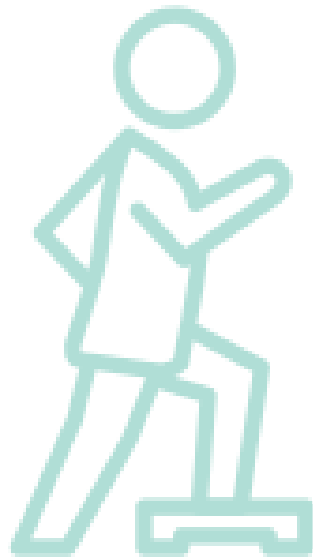
Each physical fitness trail sign describes a brief activity, such as “20 Jumping Jacks.” Ask students to complete the activity each time they arrive at the sign location. For example, a sign on the refrigerator might ask the student to “Do 15 lunges before opening the refrigerator door.” For a longer break, have your student “hit the trail” to complete the entire circuit of exercises.

You can leave the signs up all day or just during a portion of the day. The download includes one blank sign so you can add or swap out exercises.

As another option, have your student use the chart included with the sign download as a way to keep track of how many exercises are completed. Use stars or other stickers, one for each activity, or perhaps one per circuit for older children and adults. You may even want to add an extra incentive, such as an extra 5 minutes of television or gaming for every 10 activities.

As you get active as a family, remember that the benefits of exercise are more than just physical. You can all reap the rewards of stress relief and clearer thinking too! And you can feel satisfied knowing that setting a positive example by promoting physical fitness is one of the best things you can do for your online school student’s future health.

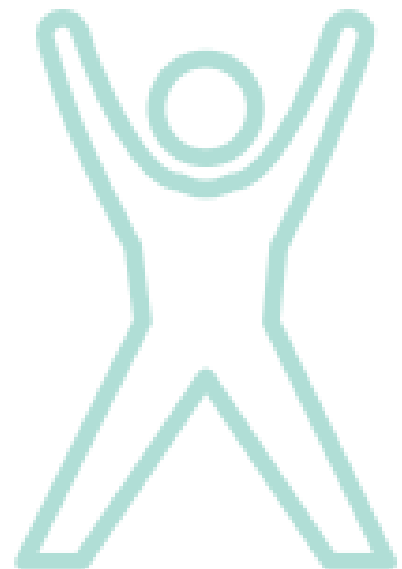
2 minutes



Take the stairs
or march in place

20

Jumping Jacks



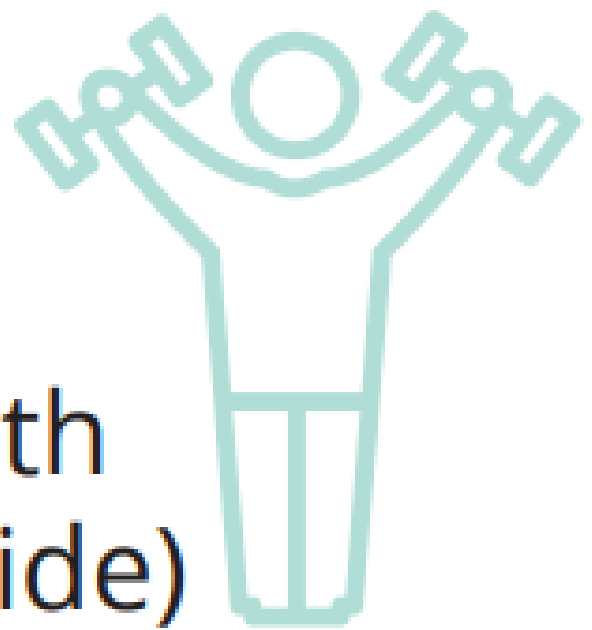
20

Arm Circles
(per side)



10

Bicep Curl with
Cans (per side)



10

Squats



5 Push-ups *or*
Modified Push-ups



10



Side Leg Lifts
(per side)

10



Leg Lifts,
Both Legs Together

Indoor Yoga

Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.

Choose a video and enjoy a peaceful, relaxing way to enjoy being physically active!

Yoga for Kids!

<https://www.youtube.com/watch?v=X655B4ISakg&t=47s>

Frozen: A Cosmic Kids Yoga Adventure

<https://www.youtube.com/watch?v=xlg052EKMtk>

Pokémon: A Cosmic Kids Yoga Adventure

<https://www.youtube.com/watch?v=tbCjkPlsaes>

Saturday Morning Yoga | Harry Potter Yoga Adventure ✨

<https://www.youtube.com/watch?v=C52wOIqkw2s>

Choose 3 Activities

Perform 3 different activities for 10+ minutes each

- **Headstands:** A great activity for your core muscles and to get blood going to the brain. Kids are often naturals.
- **Jump rope:** If you have downstairs neighbors who complain, go in the hall or outside your building. For more fun, YouTube jump-rope rhymes and/ or skills.
- **Balloon ball:** There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch. Mix it up with balloon tennis!
- **Follow the leader:** Add to the workout with energetic movements such as jumping, stomping, and squatting.
- **Dance party:** Turn on the music and shake your groove thang.
- **Clean-up race:** Set a timer or put on a song to see who can right the room the fastest.
- **Use the Wii Fit** (if available)
- **Hot Lava:** Get around the house without touching the floor, and the players have to hop from “stone” to “stone” without falling into the hot lava.
- **Obstacle Course:** Move tables and chairs around and set up a fun obstacle course! Crawl under tables, climb over chairs, crawl through boxes, etc. It’s so much fun!

FitnessGram Olympics!

Each year we see how fit you are by participating in the Fitness Gram assessment. How fit are you? Let's compete in some Olympic style games to see how fit you are. We are going to work on the areas of fitness and earn points along the way. At the end we will add up our points and see what medal we have earned. Will you earn Gold, Silver, or Bronze?

Remember... Be Safe, Show Respect, Have Fun!

First Event:

Standing Straight Leg Stretch

- Keep your knee straight
- Reach both arms toward the floor
- Keep your back straight while looking at your toes

Points:

I can touch my knees = 1 point

I can touch my shins (between knee and feet) = 2 points

I can touch my toes = 3 points

I can grab my feet = 4 points

My palms are flat on the floor = 5 points

Second Event:

Crunches: How many can you do in 2 minutes?

- Keep hands crossed over chest. *Do NOT put hands behind head!*
- Get lower back off of ground.
- Keep feet on the ground.

Points:

5-15 = 1 point

16-25 = 2 points

26-40 = 3 points

41-60 = 4 points

60+ = 5 points

Third Event:

Push Ups! How many can you do in 2 minutes?

- Keep your back flat.
- Only bend your arms.
- Arms bend to 90 degrees.

Points:

1-4 = 1 point

5-8 = 2 points

9-15 = 3 points

16- 25 = 4 points

26+ = 5 points

Fourth Event:

Running! How long can you run without stopping?

- Find a safe place where you can run!
- Drink some water!
- Make sure you have something to track your time.
- Pace yourself!

Points: Time without stopping to walk.

1-2 minutes = 1 point

2:01- 4 minutes = 2 points

4:01 – 6 minutes = 3 points

6:01 – 8 minutes = 4 points

8:01+ = 5 points

BONUS ROUND EVENT

Body Weight Squats

- Keep your back straight.
- Squat like you're sitting in a chair.
- Bend your knees to 90 degrees.

How many can you do in 2 minutes?

Points:

1-15 = 1 point

16- 25 = 2 points

26 – 40 = 3 points

41 – 50 = 4 points

51+ = 5 points

WHAT MEDAL DID YOU WIN?

5 – 10 Points = BRONZE!!

11 – 19 Points = SILVER!!

20 – 25 Points = GOLD!!

AWESOME JOB!!

Do you think you can do better? Try again!!

Who can you find you compete against?

Remember to always... Be safe, Show respect, and Have Fun!

MINUTE TO WIN IT!!

I LOVE to exercise with friends and family! Do you too? If yes is your answer then this is the game for you. Below you will find a few minute-to-win-it games where you can compete with your friends and family while exercising at the same time.

You have one minute to complete the challenge! Can you win it!?

SPECIAL NOTE: If you don't have the equipment let's use our imagination to find something we CAN use! Did you come up with a new game? Write it down and share with Coach when we come back to school!

Events:

1 – FACE THE COOKIE

Place a cookie on someone's forehead. They have to use only their face muscles (no hands) to get it into their mouth.

2 – DEFYING GRAVITY

Give each player three balloons. They have to keep all three balloons up in the air for a minute.

3 – BOTTLE TO BOTTLE

Fill one 2-liter bottle with something (Lucky Charms, Jelly Beans, etc.) then tape to another 2-liter bottle – players have to transfer all from one bottle to the other.

4 – SHAMROCK SHAKE

Tape an empty Kleenex box to a pair of panty hose, fill with ping pong balls, then tape around someone's waist. They have to shake until all the balls fall out.

5 – WRAP IT UP

A two player game where one person has to wrap the other person in streamers, toilet paper, or something else

6 – TRAFFIC YAM

Push a sweet potato across the floor from one side of the room to another with just your nose (I've also done this with cabbages for St. Patrick's Day)

7- IRON MAN

Use a chopstick to stack iron nuts on top of each other

8 – NEW YEAR'S EVE COUNTDOWN

Fill boxes with different numbers of bells (1-5). Players must shake them and put them in order of the number of bells.

9 – OBSTACLE COURSE

Set up a themed obstacle course of objects around the room. Players have to go from one end of the room to the other around the obstacle course on a bath mat or towel.

10 – CHOOSING CUPS

Set out like 25 cups, filling all of them part way with water. Put a sticker on the bottom of some of the cups. Players have to pick one cup at a time, trying to find a sticker.

Bonus:

Can you use your imagination and genius brain to come up with your own minute-to-win-it game? If so, write it down, then either email Coach or show me you come back to P.E.

Remember... Be safe, Show Respect, and Have Fun!