

# Elementary PE Packet

Everyday Exercises to do: (Same warm-ups we do every day in PE class) This should take around 5 minutes if done properly.

1. 20 Jumping Jacks
2. 10 Trunk Twists
3. Leg Stretches (10 seconds each way)
4. 10 Sit Ups
5. 5 Push Ups
6. 20 Mountain Climbers
7. Grade Level Laps around the house (2<sup>nd</sup> grade=2 laps, 5<sup>th</sup> grade=5 laps, etc.)

Students should try to be active for another 15-20 minutes a day. I will provide a wide variety of activities students can do at home. It does not matter what the students choose each day. I would encourage to do as many different activities as possible. I know some activities are limited because of access to certain types of athletic balls or space. I just encourage each student to try their best to be active for 20-25 minutes a day like our normal PE class.

## Football

- Play catch with someone
- Practice Punting
- Throw on your roof and catch it as it rolls off
- Throw as far as you can
- Set up a target and work on accuracy

## Basketball

- Dribbling practice
- Shooting or lay ups practice (make your own basket)
- Practice passing with someone or yourself
- Play "PIG" or "HORSE"
- Play 1 on 1
- Set up a course to dribble around

## Volleyball

- Practice bumping
- Practice setting
- Practice serving
- Pass back and forth with someone

### Baseball/Softball

- Practice throwing/pitching
- Practice hitting
- Play catch with someone
- Throw on your roof and catch it as it rolls off
- Throw it high in the air and catch it

### Soccer

- Practice passing the ball
- Practice shooting the ball (make your own goal)
- Practice dribbling the ball
- Set up a course to dribble around
- Play 1 on 1 with someone

### Running/Cardio

- Jog laps around the house or develop your own path
- Play any tag game with someone
- Ride a bike
- Run stairs in your house
- Find cardio videos on youtube

### Dance

- Find dance videos on youtube
- Popular dances from social media (tik tok)

### Yoga/Relaxation

- Find yoga or relaxation videos on youtube

### Stretching

- Find stretching videos on youtube
- Do stretches students have learned from PE or other team sport practices

### HIIT (This is a more difficult workout type)

- Youtube different HIIT workouts

### Chores

- Do chores around the house to help your parents or grandparents

Health Topics for **4<sup>th</sup>-6<sup>th</sup> Grades only**: Please return these worksheets to Mr. Asche when we come back to school

- Getting Along (March 16-20)
- Peer Pressure (March 23-27)

Name:

## ***Getting Along***

1. Competition between brothers and sisters is called:
  - a) communication
  - b) sibling rivalry
  - c) cheating
  - d) the flu
  
2. True or false: Getting along with teachers can help make school more fun.
  
3. People are more likely to listen to your opinions if you:
  - a) talk calmly
  - b) scream wildly
  - c) leave nasty notes
  - d) slam doors
  
4. True or false: Spending time with people you care about can make you feel happy.

