

Tiffany Park Families,

I miss all of you and hope you are all safe and healthy. Below you will find a movement lesson for the week of April 20 – 24th. As always if you have any question please email me at Anthony.collins@rentonschools.us. Remember that any exercise you do counts and the more people in the family that are doing exercise the better. Exercise is good for everyone. Small little bits, to keep our moods up, at this time is more important than long hard workouts in my opinion, so do what you can and stay healthy. The lesson is broken down into k-2 sections and 3-5 sections. But please feel free to have all your children do all or some of the lessons. You could easily have older students do the k-2 portion as a warm-up. Use this anyway you see fit to get the family up and moving. This lesson works on balance and movement. Keep the session short and don't over do it.

Tony Collins

Physical Education

Tiffany Park Elementary

(Scroll down)

Tiffany Park Movement lesson for April 20-24th

Days:	Monday	Tuesday	Wednesday	Thursday	Friday
Skill: Balance and Stunts	Animal Stunts/Movements	In Place Balance/Stunts	Moving Stunts	Moving Challenge Stunts	Challenge Day:
Row 1 K-2	<p>Can you...</p> <p>Move like a:</p> <ul style="list-style-type: none"> • Kangaroo • Crab • Bear • Hop like a Frog • Eagle <p>For 30 seconds each in a safe space on the floor or in the yard. Then repeat for a total of 5 minutes</p>	<p>Can you...</p> <p>Perform:</p> <ul style="list-style-type: none"> • Stork Stand left foot • Double knee • Front Scale left foot • Single knee (left) <p>Scroll down to see pictures For 30 seconds each in a safe area. After completing all four repeats with the other leg. The last time can you do it without looking or stopping making it a routine.</p>	<p>Can you...</p> <p>Perform the:</p> <ul style="list-style-type: none"> • Walk/Jog • Skip • Gallop • Side-Slide • Tip Toe • Hop <p>For 30 seconds each in a safe area. Then repeat for a total of 6 minutes. Feel free to go longer if you are up for it.</p>	<p>Can you...</p> <p>Perform a:</p> <ul style="list-style-type: none"> • Leap • Hopscotch • High Knee Skip • Heel Walk <p>For 30 seconds each in a safe area. Try performing them all in Reverse/Backwards after learning them. (Be careful not to fall backwards and have a safe area)</p>	<p>Do it all!</p> <p>During your favorite song, show, or during free time try your favorite Balances or Stunts. Do them all in reverse. Talk to someone about the words of the day. Do you remember all of them?</p> <p>Make and perform a routine of your favorite balances and movements from this week</p>
Skill: Jumping Over	Jumping Over Lower Objects (2 Feet)	Jumping Over Lower Objects (1 Foot)	Jumping Over Higher Objects (2 Feet)	Jumping Over Higher Objects (1 Foot)	Jumping Over Objects Challenge Day
Row 2 3-5	<p>Try Jumping Over</p> <p>Small soft objects with 2 feet. Make sure you are safe. The object should not hurt you if you step on it and you do not want to slip if you land on it. Perform for 30 second sets or 1-minute sets then rest for 10 seconds. Can you make it to 10 minutes total?</p> <p>Word for the Day: Gastrocnemius (Calf Muscle)</p>	<p>Try Jumping Over</p> <p>Small soft objects with 1 foot. Make sure you are safe. The object should not hurt you if you step on it and you do not want to slip if you land on it. Perform for 30 second sets or 1-minute sets then rest for 10 seconds. Can you make it to 5 minutes total on one leg? Now switch and use the other leg. Remember you get to rest after 30 seconds or 1 minute. But only for 10 seconds or so. Good luck.</p> <p>Word for the Day: Tibia and Fibula (Bones in the lower leg)</p>	<p>Try Jumping Over</p> <p>Small soft objects with 2 feet, only higher than on Monday. (I am thinking your backpack) If this is too high change it to something smaller. The idea is to engage the big muscles of the legs. This is done with any jumping. Does not need to be high. But higher might increase motivation. Again 30 second or 1-minute sets. Can you work out for 10 minutes? Be safe. If you are falling it is too high.</p> <p>Word for the Day: Hamstring and Quadriceps (Muscles in the upper leg)</p>	<p>Try Jumping Over</p> <p>Small soft objects stacked higher. Higher to me is 6 inches. No reason to go higher than that. The goal is to be safe while increasing motivation and work out the Hamstring and Quadriceps. Jumping and landing for this day is with 1 foot. 30 seconds or 1-minute sets. Can you get to 5 minutes on each leg?</p> <p>Word for the Day: Femur (Longest Bone in the upper leg. In between the Hamstring and Quadricep)</p>	<p>Challenge Day:</p> <p>Try Jumping for as long as you can over different objects. Try different patterns: 2 feet, 1 foot, or alternating. Try to jump high and make the heights challenging but safe. Add spins or tricks. (Be safe)</p> <p>Tell someone the bones and muscles you learned and where they are located.</p> <p>Can you name and locate them all without help?</p>

P.E. Standards:

Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns

- 1.1, 1.2, 1.3,1.4

Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance

- 2.1, 2.4

Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

- 3.7

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others

- 4.1, 4.5

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

- 5.1,5.2,5.3

Stork Stand

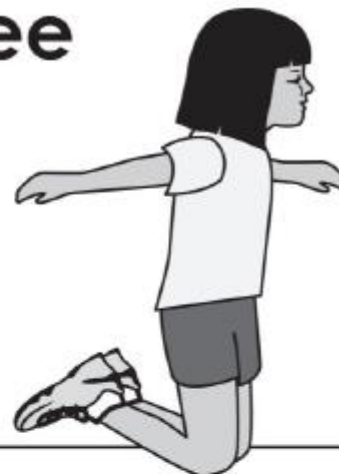
- ★ Stand on 1 leg, put the other leg on the side of your knee.
- ★ Extend both arms out to the side.
- ★ Can you hold it for a count of 5?



BALANCE, STUNTS, AND TUMBLING

Double-Knee Balance

- ★ Kneel on both knees; point your feet behind you.
- ★ Lift both feet off of the ground and balance on your knees.
- ★ Can you hold it for a count of 5?

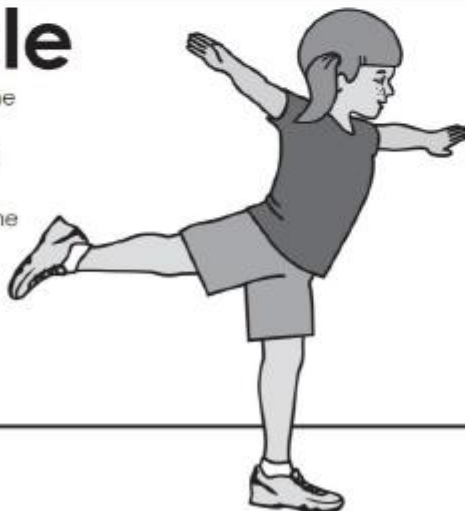


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Front Scale

- ★ Stand and lift your arms out to the sides.
- ★ Lift 1 leg backward until it is level (parallel) with the ground.
- ★ Lean forward and balance on the other leg. Hold your pose!
- ★ Try balancing on the other leg. Which is easier?



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Single-Knee Balance

- ★ Start on both knees.
- ★ Take your arms out to the side and lean one way balancing on 1 knee.
- ★ Can you hold it for a count of 5?



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES