

Distance Learning Packet

Week 2

Name:

(First and Last Name)

Teacher: _____

PE

Week 2 Physical Education

Standards:

- 1.18 Design and perform a creative dance

Monday

- Practice the different dance moves provided
- Fill in Activity log for Monday

Tuesday

- Combine two or three of the dance moves provided and dance to your favorite song using them
- Fill in Activity log for Tuesday

Wednesday

- Combine two or three different dance moves and dance to your favorite song using them
- Fill in Activity log for Wednesday

Thursday

- Create your own dance and teach it to a family member
- Fill in Activity log for Thursday

Friday

- Challenge a family member to create a dance and have a dance off
- Fill in Activity log for Friday

Challenge (optional)

- Create your own dance moves

Robot Dance	Basketball Dance
Football End Zone Dance	Superhero Dance
Grasshopper Dance	Soccer Dance
Tiptoe Dance	Super Cardio Dance

Name _____

Activity Log for the Week of _____

School Site _____

Teacher _____

Be sure you are doing physical activity for at least 15 - 20 minutes each day
Document what you are doing for each subject each day.

****4th and 5th Grade students must return this form for grading purposes either at your site, or to jtoepfer@tusd.net**

	Monday	Tuesday	Wednesday	Thursday	Friday
What activity did you do?					
How long did you do the activity?					
How did you feel after the activity?					
Parent Signature					

Distance Learning Packet

Week 3

Name: _____

(First and Last Name)

Teacher: _____

PE

Week 3 Physical Education

Standards:

- 3.6 Perform flexibility exercises that will stretch particular muscle areas for given physical activities.

Monday

- Practice and memorize the names of the yoga poses in column 1
- Fill in Activity log for Monday

Tuesday

- Practice and memorize the names of the yoga poses in column 2
- Fill in Activity log for Tuesday

Wednesday

- Practice and memorize the names of the yoga poses in column 3
- Fill in Activity log for Wednesday

Thursday

- Practice and memorize the names of the yoga poses in column 4
- Fill in Activity log for Thursday

Friday

- Create a yoga routine using your favorite poses and teach to a family member
- Fill in Activity log for Friday

Challenge (optional)

- Plank for as long as you can: record your time.

Yoga Pose Cards

Column 1

Column 2

Column 3

Column 4



Beginning



Cat



Chair



Cow



Child



Cross Crawl 1



Cross Crawl 2



Goddess



Cobra



Cross-Legged



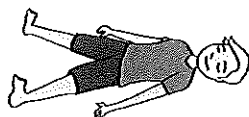
Down Dog



Knobby-Knees



Sphinx



Limp Noodle



Log 1



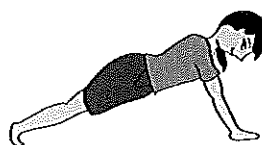
Log 2



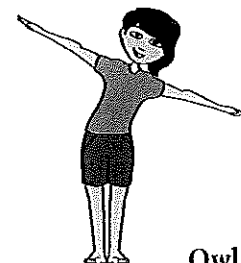
Tree



Tall Mountain



Plank



Owl

Name _____

Activity Log for the Week of _____

School Site _____

Teacher _____

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Parent Signature					

Distance Learning Packet

Week 4

Name:

(First and Last Name)

Teacher: _____

PE

Week 4 Physical Education

Standards:

- 3.3 Participate 3-4 days each week, for increasing time, in continuous to moderate vigorous physical activity at appropriate intensity for increasing aerobic capacity

Monday

- Do activities 1,2 and 3 on the 2 x 2 fitness chart three times each
- Fill in Activity log for Monday

Tuesday

- Do activities 4, 5, and 6 on the 2 x 2 fitness chart three times each
- Fill in Activity log for Tuesday

Wednesday

- Do activities 7,8 and 9 on the 2 x 2 fitness chart three times each
- Fill in Activity log for Wednesday

Thursday

- Pick your favorite 3 activities on the 2 x 2 fitness chart and do them three times each
- Fill in Activity log for Thursday

Friday

- Do all of the activities on the 2 x 2 fitness chart at least once
- Fill in Activity log for Friday

2 BY 2 FITNESS!

This activity sheet is set up to do with a sibling, guardian, or anyone else :) Feel free to complete it by yourself also! Check off the exercise when completed.

- Do 10 up-downs together
- Bear walk from one wall to the other.
- Pretend to jump rope for 1 minute.
- Hold a plank position together and count to 30.
- Complete 50 jumping jacks.
- Teach each other a dance move, or make up your own!
- Do 10 partner high five push-ups, if completing alone perform as many ABC push-ups as possible.
- Back to back wall sit together for 30 seconds. Or use a wall for more stability.
- Wheelbarrow from one wall to another and switch.
- Make up one activity to do together or make up one for yourself!

Distance Learning Packet

Week 5

Name:

(First and Last Name)

Teacher: _____

PE

At Home Bingo! Week 5

How many bingos can you get? Can you get a blackout by the end of the week?

B	I	N	G	O
Create an obstacle course in your house using pillows, furniture, toys etc.	Count the number of computers, laptops, tablets, and cell phones at your house.	Go for a walk outside if possible or around your house for 15 minutes.	Make stick figures of your family	Walk/March to the steady beat of your favorite song
Play dodgeball with your family using balled up socks for 10 minutes.	If you have access to the internet, use the safe search, Kiddle, to look up facts about your favorite animal.	Use a keyboard and a word processing program like Word or something similar to type a friendly letter to your classroom teacher.	Draw outer space in the sand. Include earth, sun, moon and lots of stars.	Write a song about how you feel during this time at home
Do 10 jumping jacks in each room of your house	Use a cell phone or other camera to take a selfie with your favorite stuffed animal or toy,	Free Space-Do an activity of your choice.	Use a variety of rocks to make an interesting picture. Think about the size and shapes of the rocks	Performance Time! Everyone in the family perform a song as a solo and then pick a song to perform together
Toss a stuffed animal or ball to yourself during a commercial. How many catches can you make before your show comes back on?	Use a keyboard and a word processing program like Word or something similar to type the alphabet. (Grades 2-4 without looking at your hands!)	Make a musical instrument with things you already have in your home. (Ask your parents what you can use.)	Use food cans to create an interesting pattern of shapes. Think about the label colors and sizes of cans. (Get your parents approval)	Teach your family one of our echo songs Pitter, Patter No More Pie Johnny on the Woodpile My Aunt Came Back
Push-up Challenge-How many push-ups can you do in a minute?	If you have internet access, play a game on pbskids.org.	Draw a picture of your favorite exercise then do it 20 times.	Use sticks to make a variety of buildings.	Ask your family to share their favorite songs with you

Name _____ Activity Log for the Week of _____ School Site _____

Teacher _____

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