

Hello Tigers,

Hope all of you are doing your best to stay healthy. Wash your hands, stay six feet apart from anyone not in your immediate family and exercise. Yes, exercise is still just as important as it was when we were in the gym running around. The exercise might need to be a little different than when we ran around the gym, but it still is just as important. So, please send me an email or a picture of you doing last week's dances or this week's muscular endurance exercises. We do not want to overdo it, so please make sure you are lifting items that are not too heavy. Fourth and fifth grades students we are working on muscular endurance, not strength. That means you should be lifting a light or heavy weight? Light weight, correct. You should be able to do 3 sets of all the exercises. If you find yourself hurting before that find a different item. You should stop before any of the activities hurt. Parents join in with your students. Exercise is just as important for you. These lessons should not take long. 10 to 15 minutes or so, then come back and do them again later in the day. Have fun, enjoy your family and count how many positive things you say to one another. Keep it positive and encourage each other. Love you all. I miss you. Now get to work. 😊

Tony Collins (Anthony.collins@rentonschools.us)

Physical Education

Tiffany Park Elementary

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PE CALENDAR for April 27 – May 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Quick Fitness	<p style="text-align: center;">PLAY CATCH</p> <p>Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body. 3 to 5 minutes</p>	<p style="text-align: center;">WILD ARMS</p> <p>As fast as you can complete: ✓ 10 Arm Circles front & back ✓ 10 Forward punches ✓ 10 Raise the Roof's Repeat 3x.</p>	<p style="text-align: center;">CRAWL LIKE A SEAL</p> <p>Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs straight. (crawling like a seal) How far can you go, 30 seconds? 1 min.? Try this three times.</p>	<p style="text-align: center;">MINDFUL SENSES</p> <p>What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste</p>	<p style="text-align: center;">HOW FAST CAN YOU GO? OR...HOW LONG CAN YOU GO?</p> <p>Pick a distance and see how fast you can run the distance. OR... Run a short distance (back and forth) for as long as you can.</p>

LESSON: Full Body Wellness – Inside & Out

Standard 1: I have the skills to move and play.

	Upper Body Strength	Lower Body Strength	Nutrition	Abdominal Strength (Abs)	Full Body Workout
Try this:	<p>Your choice:</p> <ul style="list-style-type: none"> ✓ Bicep curl ✓ Shoulder fly ✓ The row ✓ Regular/modified push-ups <p>Video Examples</p> <p>K-2: Go for 30 seconds. Try all four</p> <p>3-5: Try for 45 seconds and try all four activities. Rest, then repeat.</p>	<p>Your choice:</p> <ul style="list-style-type: none"> ✓ Squats ✓ Forward Lunges ✓ Backward Lunges ✓ Wall sit <p>Video Examples</p> <p>K-2: Go for 30 seconds</p> <p>3-5: Try for 45 seconds and try all four activities. Rest, then repeat.</p>	<p>Take or draw a picture of a colorful plate of food. Which food groups do you have?</p> <hr style="border-top: 1px dashed black;"/> <p>Food Groups:</p> <p>Grain (rice, pasta, breads) Fruit (banana, orange, apple) Vegetable (carrot, broccoli, peas) Protein (eggs, chicken, nuts) Dairy (milk, cheese, yogurt)</p> <hr style="border-top: 1px dashed black;"/> <p>Mr. Long's Healthy Plate Example Pic</p> <p>Now look at your picture. Do the exercises below that match the food groups you have on your plate: Grain: Bicep Curl Fruit: Squats Vegetable: Shoulder Fly Protein: Regular/modified push ups Dairy: Forward Lunges.</p>	<p>Your choice:</p> <ul style="list-style-type: none"> ✓ Flutter kicks ✓ Leg raises ✓ Fold in-and-out ✓ Crunches <p>Video Examples</p> <p>K-2: Go for 30 seconds</p> <p>3-5: Try for 45 seconds and try all four activities. Rest then repeat.</p>	<p>Challenge:</p> <p>Find something heavy to pull or push. See how far you can pull it or push it. Rest then try pushing or pulling something else heavy. Have fun, but BE SAFE, BE RESPONSIBLE in doing this. Find plenty of space. Ask a parent first before trying.</p> <p>Video Example</p> <p>This is for Kindergarten - 5th Grade</p>
Talk about:	<p>Did you try all four? Which one is the hardest for you?</p>	<p>How could having strong leg muscles help you?</p>	<p>Which food on your plate was your favorite? Which food group(s) does it belong to? Optional: share your picture on Seesaw.</p>	<p>Did you get your mom, dad, grandparents, or siblings to do these with you?</p>	<p>Optional: Share your picture by emailing it to me I would love to see what you created.</p>

LOOKING FOR MORE?

Links:	PE with Joe	GoNoodle	PL3Y
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P.E. Standards:

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

- 1.3, 1.4

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

- 2.2, 2.3

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

- 3.1, 3.2, 3.4, 3.6, 3.7, 3.8

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