

Palos West Grades: K – 5 Date: May 5 – 8	2019-2020 Remote Learning Day Assignments	Use ClassLink to access Websites listed: http://sso.palos118.org
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Physical Education

Approximate Time: 20 – 30 minutes

Activity/Directions: Grades 1 – 5: Choose any activity and try to stay active for 20-30 minutes 3 times this week. Kindergarten: Choose any activity and try to stay active for 20-30 minutes 1 time this week.

- **Outdoors:** 4 Corner Fitness (scroll down to see the worksheet)
- **Fitness:** Create your own Tabata workout (scroll down to see the worksheet)
- **Dance/Yoga:** Do the Cha-Cha Slide with a family member OR pick a song and create a dance routine. Scroll down to try out the Yoga Pencil Roll activity if you did not get a chance last week!
- **Indoor:** Flip it Fitness (scroll down to see the worksheet)
- **Adaptive PE Lessons:** The lessons from our adaptive PE teacher Dave Markusic can be found by scrolling down to the next page. These are intended for students who receive Adaptive PE services but can be utilized by anybody.

Procedure for submitting work: Work does NOT need to be submitted. You can share on Seesaw the activity/activities that you did by writing about it, uploading a photo, or recording audio/video.

Special note for those fasting for Ramadan: Be aware of your energy level! If you want to exercise, do it at a slower pace and don't worry about trying to sweat so much! Focus on easier physical activities such as walking, stretching, and anything else that won't get you too tired or thirsty.

May 4-8 E-Learning Activities for Adaptive Physical Education


Greetings students, parents, and guardians. Here are your activity suggestions for the week.

If you need to contact me or have any questions, I will be checking emails. I can be reached at dmarkusic@swccase.org or 708-571-0278.

Sincerely

Dave Markusic- Adaptive Physical Education Teacher

Date	E-Learning Day PE Suggestions	Activities- Please Send a Picture or Video to Mr. Dave dmarkusic@swccase.org if you would like. It would be very cool to see!!!
	A	<ul style="list-style-type: none">• Bowling and Bean Bag Throws• Another set of activities for children includes aiming for targets. This practice can be done by setting up a bowling game or beanbag toss. For bowling, just set up empty bottles, such as water or soda bottles, and allow your child to practice rolling different sized balls to hit the pins.• Beanbags can be tossed through holes or used to knock over different objects. Both activities for special needs children work on aim and accuracy, as well as perception and strength. A child will learn how much strength is too much when throwing a beanbag towards an object, as well as the importance of concentrating on the object for a more accurate throw.
	B	<ul style="list-style-type: none">• Pillow Obstacle Course

		
	C	<ul style="list-style-type: none"> • • Bubble Burst • Grab some Bubbles next time you are out • How many Bubbles can you burst in 30 seconds? • Can you move/run to a marker and back before all of the Bubbles hit the ground • Can you hit the Bubbles with a soft ball or safe paddle
	D	<ul style="list-style-type: none"> • Ball Throw for Distance • Mark starting line • Throw ball as far as you can • Place Marker where ball lands and see if can student or family can beat throw • Utilize distances in feet or meters if appropriate
	E	<ul style="list-style-type: none"> • 20 Yard Dash • Race against an opponent or see who gets the best time

4 Corner Fitness

Create your own 4 corner fitness route outside. If you don't have cones, don't worry! Just find a way to mark out a square shape that you can around. If you're unsure on how to complete an exercise below, pick a different exercise to perform. See how many times you can move around the cones and complete the exercises. I bet you could go around at least 3 times or more!

Plank - 60 Seconds

#1 Bear Crawl to Cone #2

30 Box Jumps

#2

4 Corner Fitness
@thejanellkey

- Start by performing indicated exercise at one of the four cones
- Once the exercise is completed, move to the next cone doing the stated movement (bear crawl, jump rope, crab walk, or skipping)
- When you arrive at the next cone perform the stated exercise
- Then continue moving from cone to cone until the music stops!

Skip to Cone #1

Jump Rope to Cone #3

#3

Crab Walk to Cone #4

10 Superman Planks

#4

30 Speed Skaters

“Pencil Roll” Yoga

- You will need 2 wooden pencils and a permanent marker
- There are 6 sides to a wooden pencil. With your permanent marker, you will make 1 dot on one side, 2 dots on another side, 3 dots on a third side.....all the way up to 6 sides with 6 dots. Do this to both pencils. (Picture of example below)
- Roll the pencil to see which side you land on and try to hold the pose (on the next page) with the same number. There is a beginner, intermediate, and advanced chart for you to decide how long to hold.



Beginner	Intermediate	Advanced
15 - 30 Seconds	30 - 60 seconds	Count how long you can hold

1 Mountain Pose 	4 Tree Pose 	7 Hop 5 times one foot, then other. Repeat 	10 Child's Pose 
2 Plank Pose 	5 Wall Sit 	8 Downward Dog Pose 	11 Frog Jumps 
3 Jumping Jacks 	6 Airplane Pose 	9 Run in place 	12 Cobra Pose 

Tabata Workout

What is Tabata? It is a type of workout that makes you work AS HARD AS YOU CAN for a short period of time and then having a quick Rest.

This Tabata workout is 4 exercises long. You do each exercise 8 times for 20 seconds with a 10-Second Rest in between.

Exercises	#1	#2	#3	#4
	Plank (20-seconds)	Burpees (20-seconds)	Arm-Circles (20-seconds)	One-Leg Balance (20-seconds)
#1: Plank	10-Second Rest	10-Second Rest	10-Second Rest	10-Second Rest
	Plank (20-seconds)	Burpees (20-seconds)	Arm-Circles (20-seconds)	One-Leg Balance(20-seconds)
	10-Second Rest	10-Second Rest	10-Second Rest	10-Second Rest
#2: Burpees	Plank (20-seconds)	Burpees (20-seconds)	Arm-Circles (20-seconds)	One-Leg Balance(20-seconds)
	10-Second Rest	10-Second Rest	10-Second Rest	10-Second Rest
	Plank (20-seconds)	Burpees (20-seconds)	Arm-Circles (20-seconds)	One-Leg Balance(20-seconds)
#3: Arm Circles	10-Second Rest	10-Second Rest	10-Second Rest	10-Second Rest
	Plank (20-seconds)	Burpees (20-seconds)	Arm-Circles (20-seconds)	One-Leg Balance(20-seconds)
	10-Second Rest	10-Second Rest	10-Second Rest	10-Second Rest
#4: One-Leg Balance	Plank (20-seconds)	Burpees (20-seconds)	Arm-Circles (20-seconds)	One-Leg Balance(20-seconds)
	10-Second Rest	10-Second Rest	10-Second Rest	10-Second Rest
	Plank (20-seconds)	Burpees (20-seconds)	Arm-Circles (20-seconds)	One-Leg Balance(20-seconds)
	10-Second Rest	10-Second Rest	10-Second Rest	10-Second Rest
	Plank (20-seconds)	Burpees (20-seconds)	Arm-Circles (20-seconds)	One-Leg Balance(20-seconds)
	1-Minute Rest	1-Minute Rest	1-Minute Rest	1-Minute Rest



FLIP IT FITNESS

IS IT HEADS OR TAILS?!



FLIP NUMBER	HEADS	TAILS
FLIP 1	10 JUMPING JACKS	20 HIGH KNEES IN PLACE
FLIP 2	5 PUSH-UPS	10 SHOULDER TOUCHES
FLIP 3	5 CURL-UPS	5 SIT-UPS
FLIP 4	10 SECS. PLANK HOLD	10 SECS. PUSH-UP HOLD
FLIP 5	10 SECS. PIKE STRETCH	10 SECS. BUTTERFLY
FLIP 6	10 SECS. JOG IN PLACE	10 SIDE TO SIDE JUMPS
FLIP 7	5 SQUATS	6 LUNGES
FLIP 8	5 CRUNCHES	5 V-UPS
FLIP 9	10 SECS. SQUAT HOLD	10 SECS. LUNGE HOLD
FLIP 10	5 BURPEES	10 DEEP BREATHS



ULTIMATE CHALLENGE

GO THROUGH AND DO THE 10 FLIPS AGAIN. BEFORE YOU FLIP YOUR COIN, GUESS IF IT WILL BE HEADS OR TAILS. IF YOU GUESS CORRECTLY YOU DO NOT NEED TO DO THE EXERCISE. IF YOU GUESS INCORRECTLY, COMPLETE THE EXERCISE BEFORE YOU MOVE ONTO THE NEXT FLIP!