













# Highlands PE Week 5

1

Mr. Jensen and Mr. C want to encourage you to email us with any questions you have or if you want to share things you are doing to stay fit. If you want more challenges or just want to say hi, here are our emails. [djensen@rentonschools.us](mailto:djensen@rentonschools.us) and [tcaldwell@rentonschools.us](mailto:tcaldwell@rentonschools.us).

Find someone at home to play Rock, Papers, Scissors. Try to play for 10 -20 minutes! Ready Set Go!

## RPS FITNESS

 + 	As many push-ups as the oldest partner's age. The oldest person is a parent, do the youngest person's age.
 + 	As many jumping jacks as today's date and month added together.
 + 	Perform 20 Squat Jumps
 + 	Hold a Plank position for 20 seconds
 + 	Do your favorite dance move or sport action for 30 seconds.
 + 	Your combined ages for crunches or sit ups.

# Highlands PE Week 5

2

As you know there are 5 food groups...**Dairy**, **Fruits**, **Vegetables**, **Proteins**, and **Grains**. Use the chart below to determine which exercises to do by the foods you eat today! For instance, if you have a cereal and milk for breakfast, spell out cereal and milk using the alphabet chart below and perform each exercise. You can do this for more than day too! If you need a reminder of some of the exercises, you can always look on previous weeks activities for pictures.

<b>A</b> 10 jumping jacks	<b>N</b> 10 arm circles each way
<b>B</b> 5 push ups	<b>O</b> 10 sumo squats with front punches
<b>C</b> 2 burpees	<b>P</b> 10 oblique crunches – elbow to knee
<b>D</b> 20 high knee jogs	<b>Q</b> 15 second downward dog
<b>E</b> 5 crunches	<b>R</b> 20 scissor jumps
<b>F</b> 10 mountain climbers	<b>S</b> 10 split jacks
<b>G</b> 5 squat jumps	<b>T</b> 20 high knee jogs
<b>H</b> 10 front lunges	<b>U</b> 10 second v-sit hold
<b>I</b> 10 seal jumps	<b>V</b> 20 flutter kicks
<b>J</b> 10 second plank hold	<b>W</b> 10 second superhero hold
<b>K</b> 20 plank shoulder taps	<b>X</b> 20 second butterfly stretch
<b>L</b> 20 glute kickers	<b>Y</b> 20 elbow to opposite knee touch
<b>M</b> 15 second jog in place	<b>Z</b> 20 second wall sit or wall hold

# Highlands PE Week 5

3

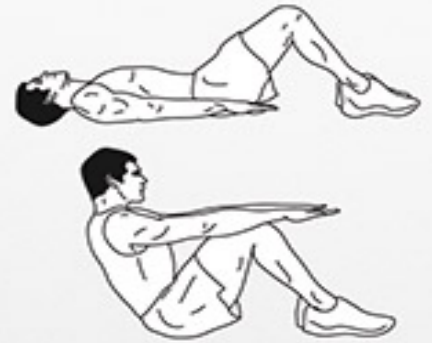
Find a family member at home to play Tic-Tac-Toe Fitness. Take turns placing a small marker on the exercise of your choice and then perform the movement. When someone gets 3 in a row or the game is over you can restart. Good luck and stay active!



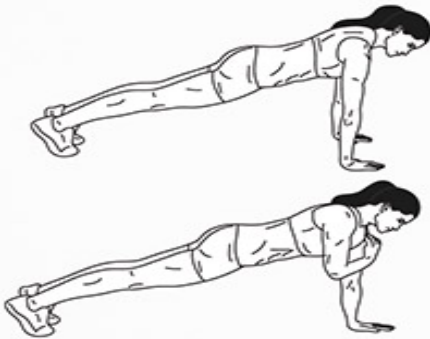
**6** sitting twists



**10-count** hollow hold



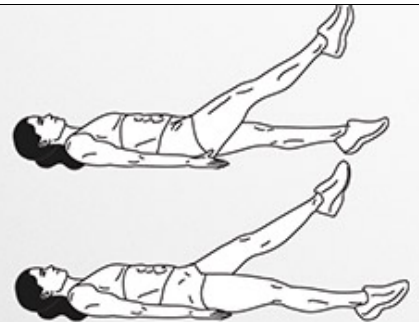
**15** sit-ups



**20** shoulder taps



**20sec** knee-to-elbows



**10** flutter kicks



**20** squats



**20** lunges



**15** push-ups

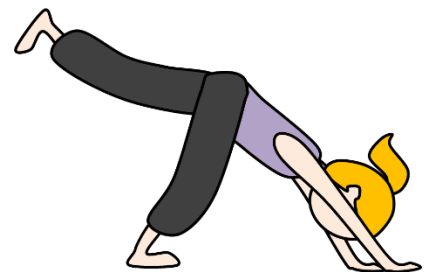
# Highlands PE Week 5

4

Flexibility is the body's ability to bend, reach, and stretch the muscles and joints through a full range of motion.

Stretching your muscle improves flexibility, and flexibility is as important as strength and helps with injury prevention.

- Try each stretch, hold for 20 seconds and repeat. See if you are able to stretch farther the second time.
- Do these exercises when you get up in the morning and before bedtime. Think about what muscles you are stretching.



# Highlands PE Week 5

5

## INTERVIEW QUESTION:

When is a person too old to play sports?



Ask this question to two children, two teenagers, and two adults. Record what they say below. Call them, email them, text them, or ask them in person. Don't judge their answers, just write it down here on this page.

CHILD #1



TEEN #1



ADULT #1



CHILD #2



TEEN #2



ADULT #2



Who do you agree with? Explain...