

# PE CALENDAR for May 25 – May 29

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Quick Fitness:</b>	<p><b>FEEL THE BURN</b></p> <p>Do a wall sit for 20-30 seconds, then rest for 5 seconds...repeat. Did you feel your upper leg muscles getting tired and warm? These are your quadriceps!</p> 	<p><b>A JOINT EFFORT</b></p> <p>Learn about <b>flexion</b> and <b>extension</b> (how your bones move at their joints) and try three exercises that move very different joints. Watch this video at <a href="https://www.physed.tv/BonesIntro">physed.tv-Bones Intro</a> and follow along!</p>	<p><b>PULSE RATE BEFORE &amp; AFTER</b></p> <p>Watch <a href="#">Mr. A's example of finding your pulse rate</a> Then do your own before and after pulse rate check to see how exercise affects your heart!</p>	<p><b>TAKE A BREATHER</b></p> <p>You do not need to think in order to breathe, but if you do think about it you can reduce stress and improve focus! Try this mindful breathing technique: <a href="#">Square Breathing</a></p>	<p><b>TRIPLE JUMP</b></p> <p>Learn a quick way to remember the meaning of Cardio-Respiratory Endurance and try three different jumps. Watch this video at <a href="https://www.physed.tv-CRE">physed.tv-CRE</a> and follow along!</p>

## LESSON: Fitness Spelling and Body Systems

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

	Muscular System	Skeletal System	Circulatory System	Respiratory System	All Systems Go!
<b>Try this:</b>	<p>Get Ready: paper and pencil, safe space to move in</p> <p>Listen, Watch for and Write: the names of two or more muscles</p> <p>Play this video: <a href="#">Human Body For Kids-Muscular System</a></p> <p>Do you have your words ready?</p> <p>Watch: <a href="#">Mr. A's example</a></p> <p>Now spell the words you chose with your body using the <a href="#">Fitness Spelling Alphabet</a></p>	<p>Get Ready: paper and pencil, safe space to move in</p> <p>Listen, Watch for and Write: the names of two or more bones</p> <p>Play this video: <a href="#">The Human Body for Kids-Skeletal System</a></p> <p>Do you have your words ready?</p> <p>Now spell the words you chose with your body using the <a href="#">Fitness Spelling Alphabet</a></p>	<p>Get Ready: paper and pencil, safe space to move in</p> <p>Listen, Watch for and Write: the names of two or more parts of the circulatory system</p> <p>Play this video: <a href="#">The Human Body for Kids-Heart</a></p> <p>Do you have your words ready?</p> <p>Now spell the words you chose with your body using the <a href="#">Fitness Spelling Alphabet</a></p>	<p>Get Ready: paper and pencil, safe space to move in</p> <p>Listen, Watch for and Write: two or more parts of the respiratory system</p> <p>Play this video: <a href="#">The Human Body for Kids-Lungs</a></p> <p>Do you have your words ready?</p> <p>Now spell the words you chose with your body using the <a href="#">Fitness Spelling Alphabet</a></p>	<p>Get Ready: paper and pencil, safe space to move in</p> <p>Write and Speak: <b>Muscles + Bones + Heart + Lungs = Movement</b></p> <p>Do you have your words ready?</p> <p>Now spell the five <b>bold</b> words from above with your body using the <a href="#">Fitness Spelling Alphabet</a></p>
<b>Talk about:</b>	Which letters in the Fitness Spelling Alphabet did you use the most? Over the week, try to use the whole alphabet!	Share the name and location of a muscle and/or a bone with someone in your family.	Teach someone in your family the exercise that got your heart pumping the most.	How does breathing help muscles do their work?	Tell someone in your family how each body system helps with movement.

## LOOKING FOR MORE?

<b>Links:</b>	<a href="#">PE with Joe</a>	<a href="#">GoNoodle</a>	<a href="#">PL3Y</a>
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Hello Tigers,

This week the focus is on learning about the body systems that make movement possible: muscular, skeletal, circulatory and respiratory. Each day you will learn about one of these systems in a short video by the Human Body for Kids channel. As you watch and listen, write down the names of at least two of the parts that you learn (pause the video as necessary to get accurate spellings). Then after the video each day you are going to spell the words you chose using exercises. A Fitness Spelling Alphabet in the form of Google Slides has been linked to the lesson page. Each slide tells you which exercise to perform for the given letter, recommendations for how long to perform the exercise by grade level, and a *.gif* example of the exercise in case any are unfamiliar to you. By spelling this way, you will get a different workout each day. Have fun with it! Remember any exercise you are doing is good for you. So, keep exercising. Send me an email and tell me how it went. Or ask questions? Love to hear from you. [Anthony.collins@rentonschools.us](mailto:Anthony.collins@rentonschools.us)

Tiffany Park Elementary

Physical Education

Mr. Collins and Mr. Long ([Anthony.collins@rentonschools.us](mailto:Anthony.collins@rentonschools.us))