

# Highlands PE Week 9

## Day 1

Flexibility is the muscles ability to move a joint through a full range of motion. Staying flexible is important to health and performance.

# Healthy Living: **YOGA FOR KIDS** Poses for Partners

Double Tree



Warrior Friends



Twin Dragons



Sailboat



Double Pretzel



Seesaw



Double Boat



Elevator



Double Dancer



Lean on Me



Huddle Pose



Back-to-Back Twist



Back-to-Back Chair



Open Heart



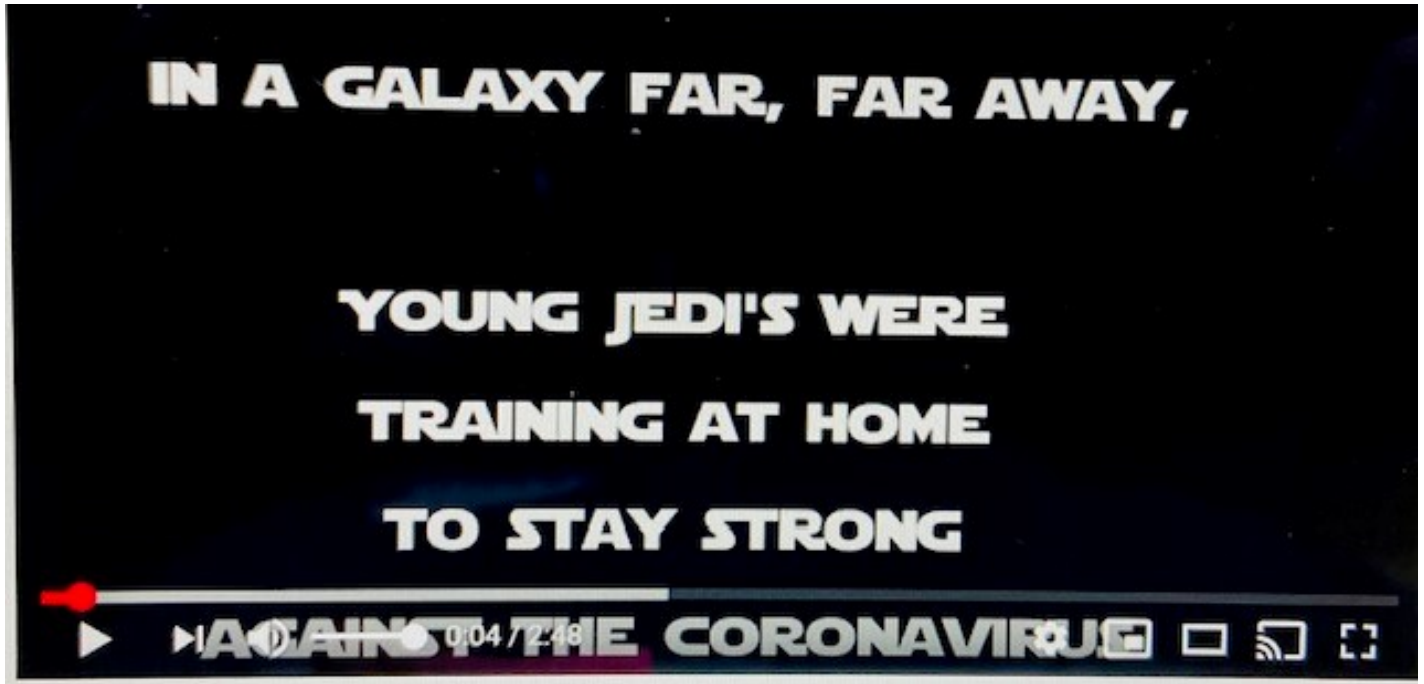
Double Dog



## Day 2

# Jedi Training for Cardiorespiratory Endurance

[Click here](#) to workout with all your favorite Star Wars characters!



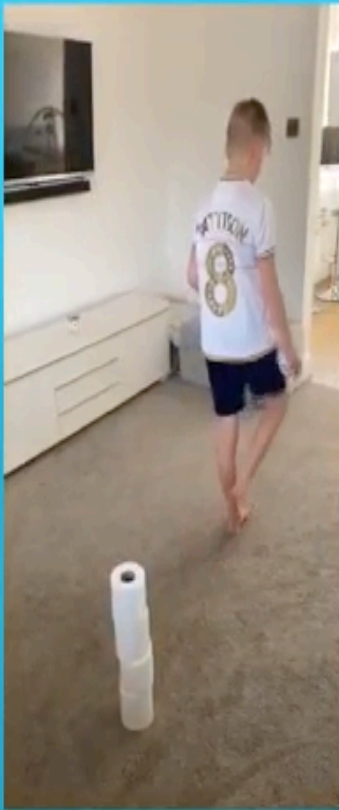
## **Cardiorespiratory Endurance is...**

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

## Day 3

Throwing for accuracy is especially important to practice POINT, STEP, THROW when throwing at smaller targets. Have Fun!

# The Sock Throw Roll Challenge



Build a stack of 4 toilet rolls as a target

Stand at a distance from the target

With your feet, measure a distance equal to your age

For example, if you are 6 years old stand at least 6 foot lengths from the target.



How many consecutive times can you knock down the target?

Day 4

K-2

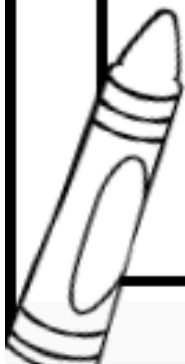
Name: \_\_\_\_\_

# I can Eat a RAINBOW!

Directions: Draw or cut out pictures of fruits and vegetables of each color.

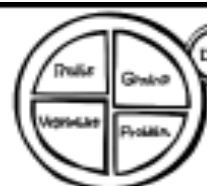


Red	Green
Yellow	Blue
Purple	Orange



3<sup>rd</sup> - 5<sup>th</sup>

Name: \_\_\_\_\_



# My PLATE DAily GRAPH


Fruits



Vegetables



Grains



Protein



Dairy



# Day 5

## INTERVIEW QUESTION: Who is the best soccer player of all time?



Ask five different people this question and 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.



Name: \_\_\_\_\_ Age: \_\_\_\_ How do you know this person: \_\_\_\_\_

Answer: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_ How do you know this person: \_\_\_\_\_

Answer: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_ How do you know this person: \_\_\_\_\_

Answer: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_ How do you know this person: \_\_\_\_\_

Answer: \_\_\_\_\_