



Physical Education Enrichment Activity Lesson



Title: Spell Your Name Fitness and Backyard Walk-Jog Fun

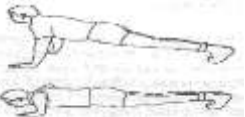
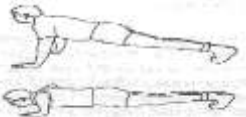
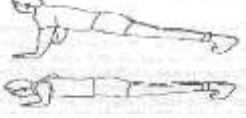
Grade: K-2

Summary: Complete a fun workout by spelling your name. Then have fun working on your walking and jogging skills. This can be done inside or outside. Do not forget to wear your sneakers and a smile.

Materials: Sneakers and backyard space. You can print out the Spell Your Name Fitness if you want. It might be easier than going back and forth to the computer. You can always add music to make it more fun.

Fitness: Spell Your Name Fitness

Spell your name and perform the exercises from the chart for each letter. If you have a short first name, feel free to complete using your middle and last names, a pet's name, etc. Spell mom, dad, brother or sister too.

A: 20 Jumping Jacks 	G: 20 Arm Circles 	M and N: 20 Arm Circles 	T: Jog or walk in place (count to 20) 
B: 10 crunches 	H: 20 Jumping Jacks 	O: 20 Jumping Jacks 	U: 20 Arm Circles 
C: 10 Squats 	I: 10 Crunches 	P: 10 Crunches 	V: 20 Jumping Jacks 
D: 5 Push-ups 	J: 10 Squats 	Q: 10 Squats 	W: 10 Crunches 
E: 10 Twists 	K: 5 Push-ups 	R: 5 Push-ups 	X: 10 Squats 
F: 10 Jumps 	L: 10 Twists 	S: 10 Jumps 	Y and Z: 5 Push-ups 

Modifications:

- Modified Push-ups: Wall push-ups or stay in push-up position for 5-8 seconds



- Modified Sit-ups: Have someone hold your feet or arms or both: Place feet under couch and do sit-ups.
- Jumping Jacks: Work on just feet pattern (Jump open legs, jump close legs) or just arms (arms go up over head, arms go down to side)

Time to Move: Walking then Jogging:

Don't forget to wear your tennis shoes or sneakers! You can play some music if you want.

Walk for 5-10 minutes. Read and do each challenges below.

1. Walk can include going around your yard, walking your dog, walk or jog with parent (when parent feels it is a good time). Walk around your home.
2. Can you walk backwards?
3. Can you make a shape on the ground when you walk? (circle, square, triangle, rectangle)
4. Try walking on your toes or heels.
5. When walking, remember to move arms and legs in opposition (left leg goes forward when right arm is forward); heel to toe foot movement, eyes forward)
6. Here is a video to practice animal walks: <https://video.link/w/hRC4>

Look at the pictures below. This is what jogging should look like. When jogging, remember arms and legs move in opposition: arms pumping and relaxed, bent at waist; quiet feet.



JOG for 5-10 minutes trying 4-5 of the following challenges.

1. Jog around your back yard. Jogging is a medium speed. Can you jog for 1-2 minutes without stopping?
2. Try jogging backwards (don't forget to turn your head to look behind you)!
3. Try jogging like a soldier, basketball player, soccer player, or other athlete.
4. How fast can you jog in place?
5. How slow can you jog in place?
6. Make up a jogging challenge of your own.
7. Click this link and do this fun interactive jogging video: <https://video.link/w/EIX4>

Modifications: Modifications: You do not have to run, you can always walk to complete these activities. If you are using a wheelchair, can you move fast? Can you move slow? Can you go backwards? Can you make a shape on the ground such as a circle, square or triangle?

Congratulations! You completed this PE Enrichment Activity Lesson.