

Physical Education Enrichment Activity

Title: Race Track Fitness & Balancing

Grade: 3rd- 5th

Summary: Start this lesson by participating in a race track fitness activity and then get ready to test your balancing skills with some awesome at home activities.

Materials: Students will need internet access to view the videos. Also, anything you have around the house can be used as a balancing objects: sock ball, stuffed animal, water bottle, book, or remote, etc. Put on sneakers!

Fitness: Race Track Fitness Read all the directions below, then keep the chart at the starting line of your race track.



To start you want to find a place outside or inside where you can move in the shape of a race track. You will want to identify a starting point on the track. The track can be as big or as small as you want it to be. Just remember the bigger the track the harder the challenge. The smaller the track the easier the workout will be.

1. Pick a start line to begin the first exercise (#1) on the chart below. Complete one lap around the track.
2. Next, do exercise #2. Complete 10 repetitions.
3. Continue following the numbered challenges, alternating laps and exercises. The odd numbers are laps and the even numbers are (10) exercises.
4. Continue until you finish all the exercises listed. If you want to challenge yourself or make it harder, repeat the Race Track Fitness challenge again! Optional: play music while working.

1. Run Jog around track 	3. Skip around track 	5. Jump or hop around track 	7. Crab Walk 	9. Walk
2. Push-ups or modified push-ups. (Choose one) 	4. Sit-ups (Choose one) 	6. Arm Circles 	8. Jumping Jacks 	10. Squats

Time to Move!



Balancing and Traveling with objects

1. Let's begin practicing balancing with no extra equipment. Follow along to this video and do what you are comfortable with. If you are not comfortable with a certain move, it's okay stay with one you are comfortable with and remember to just keep moving! **Click the link below and follow along.**
 - a. <https://video.link/w/lb4B>
2. Balancing with Objects
 - a. Sock Ball Balance
 - Place a sock ball on the top of your hand while you are in a standing position
 - Once the sock ball is balanced try to touch the floor and come back back to your standing position without losing balance of the sock ball.
 - Try it three times without dropping. Now try with your opposite hand.
 - Next, place the sock ball on your foot, lift and lower while trying to: touch each knee, touch each foot, touch the floor, and balance with your eyes closed. Try these three times without the sock ball falling and then try it with your opposite foot.
3. Parkour the Floor is Lava – **Click the link to give you some ideas on how to make your parkour course.**
<https://video.link/w/ba5B>
 - Your parkour course should include:
 - o Two spots where you are balancing
 - o Two spots where you are jumping or climbing over
 - o Two spots where you are going underneath something
 - o **Once you have your parkour set up you may begin!**
 - o If you fall or touch the lava "floor" start over at the beginning.



Modifications: Use the back of a chair to hold onto while trying balancing challenges. Use chalk lines to balance along and jump over.

Optional: Take pictures of you or your Parkour course and send it to your PE teacher at their school email address! 😊

Extra Choices- Enrichment

- Record you daily activity in a log
- Kid's heart challenge dance- <https://video.link/w/Ad4B>