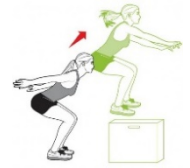


Physical Education Enrichment Activity Lesson



Title: Continuous Motion and Jumping

Grade: 3-5

Summary: Learn to create a fun workout with non-stop movement. The students will learn how to jump properly off two feet safely and over objects. This can be done inside or outside. This should take about 30 minutes.

Materials: Internet access, 1 towel folded or rolled to jump over, 1 extra pair of shoes, or substitute with a 1 pillow and 2 socks laid out straight. Optional: music on phone or a radio. Objects around the house can even be stacked up to jump over higher. (safely)

Fitness: Continuous Motion

1. Before starting, place your hand on your chest and notice how soft your heart is beating. Can you find your pulse at your neck or wrist? What happens to your heart beat at the end of each song?
2. **Directions:** *Try to stay in motion the whole time while doing this. You can jog in place, walk or skip between activities or while reading directions. Start where there is room and return each time to your starting point.*

___ Run to your room and back to start 2x

___ Do 25 jumping jacks in the kitchen run back to start

___ Jog to the front door and back to start 5x and do 5 squats each time

___ Do 10 curl ups in the living room and two foot hamstring stretch for 10 seconds

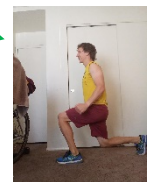
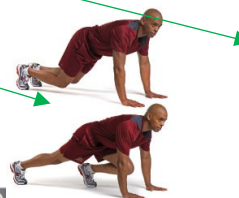
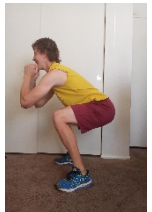
___ Sprint (safely) outside or to the backdoor/front door and do 7 lunges 5 push-ups

___ Run around a your table 5x and do 5 mountain climbers

___ Jog to the kitchen and do jumping jacks for 15 seconds

___ Bear crawl to the bathroom door and do 7 push-ups

___ Crabwalk to your bedroom and back 2x



If you don't know how to do one of the exercises above, then click the link below:

<https://drive.google.com/open?id=17lKFjt9VNWk6-8Ef2G-haI3XBxjb081L>

**Click the link below if you want to print this Continuous Movement Activity.

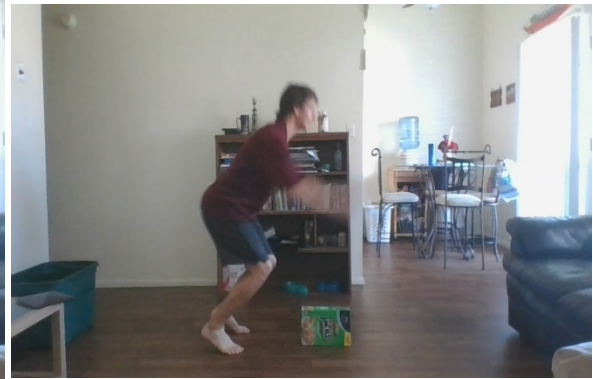
Link: https://drive.google.com/open?id=1uubxBaHuOnu8gvP_bz_OnezrN5dbAfNM

1. You can click the music links below or play your own music.
2. <https://video.link/w/OZc6>
3. <https://video.link/w/Ddd6>

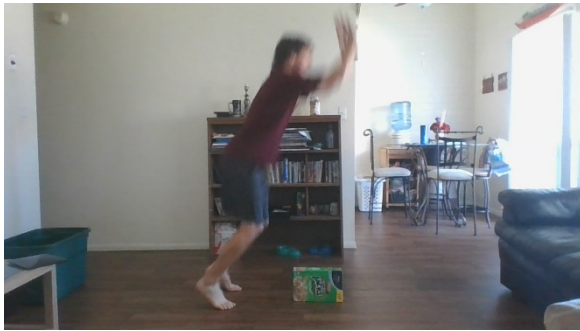
Time to Move! Today you will be doing jumping challenges using two feet.
Look at the pictures below and read the important body positions of a jump.



Feet flat. Knees bent. Arms back behind you.



Push off with toes. Swing arms forward.



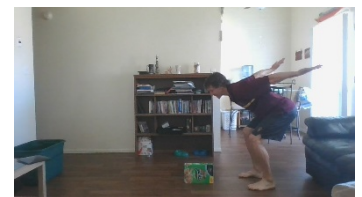
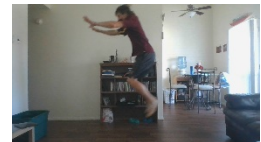
Land on toes softly. Arms come down, knees bend.



Push off with toes. Arms swinging forward.

Here are some ideas or examples of what to do:

1. Jump up as high as you can next to a wall and mark how high you jumped repeat several times
2. Jump over a box, cereal box, shoe, jump rope, shirt
3. See how far you can jump and use anything to mark it.
4. Forward and backward jumps over objects on the ground.
5. Time yourself to see how long it takes to do 10 or more jumps over your object that is on the ground.
6. Stack up the box and see if you can jump over the boxes. (Be safe, ask parents or family member for help)



Repeat these challenges as many times as you want or make up your own. Have fun with it.

Modifications: Students may use a wall to help balance as they jump up or over an object. Put two chairs facing each other with a space in between so the student can use the chairs to put hands on for balance and to lift feet off the ground one at a time or both at the same time. Hold on to a partner to help balance. Wheel chair students could roll over the object that is flat on the ground as they mimic the arm swings and get the knees bent and roll over the object.

Congratulations! You completed this PE Enrichment Activity Lesson! Remember to clean up and put away all your materials. Fill out in your activity log.