



Physical Education Enrichment Activity Lesson



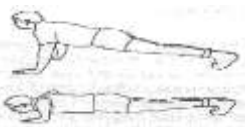
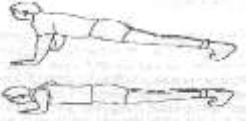
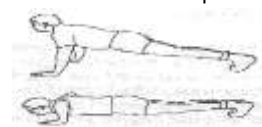
Title: Spell Your Name Fitness and Backyard Jogging Fun

Grade: 3-5

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 and do not forget to wear your sneakers and a smile.

Materials: Sneakers, timer, and 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. For the running activity you can use internet access for a fun activity.

Fitness: Spell Your Name Fitness Spell your name and perform the exercises from the chart for each letter. If a student has 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. Then, try spelling your name backwards!

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! Now Let's Move and work on our running skills. Look at the pictures below and read what your body should look like when running.

Critical Elements of Running



Eyes and Body

The eyes focus in the direction of travel, and the body moves in an upright position with a slight forward lean and toes pointed forward.



Flight

Both feet are temporarily off the ground in a stride position. The foot lands heel to toe.



Arms

Arms are bent at about a 90-degree angle and move in a forward and backward direction without crossing the midline of the body.



Knees

Knee is bent to bring the heel up behind the body and parallel to the ground.

Jog for 10-12 minutes. Complete each of the challenges below. Optional: add music while you jog.

- Put your hand over your heart or take your pulse at your neck or wrist for 6 seconds. What is your heart beat? Notice your rate of breathing. Notice the temperature of your skin.
- Jog in place for one minute and check your heart rate again. What changed? Did your breathing change? Is there a change in how your skin feels?
- Jog around your back yard. Jogging is a medium speed. Can you jog for 2-3 minutes or for a whole song without stopping? Working at a medium pace will cause your heart to beat faster, your breathing to get quicker and your skin to become sweaty. If you get too tired then slow down, but try not to stop.
- Try jogging backwards (don't forget to turn your head to look behind you)!
- Try jogging like a soldier, basketball player, soccer player, or other athlete.
- How fast can you jog in place?
- How slow can you jog in place?
- Make up a jogging challenge of your own.
- Click this link and do this fun interactive jogging video: <https://video.link/w/EIX4>
- Cool Down:** Walk 60 steps, toe touch stretch, lunge stretch, side stretch, walk 60 more steps.

Modifications: You do not have to run, you can always walk and 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 such as a circle, square or triangle?

Congratulations! You completed this PE Enrichment Activity Lesson!