

ACTIVE HOME PHYSICAL EDUCATION: K-5 Fitness Knowledge/ Exercises

10 Day Rotation	Day 1/ Day 6	Day 2/ Day 7	Day 3/ Day 8	Day 4/ Day 9	Day 5/ Day 10
Concept of Focus	I can keep an active lifestyle while staying at home from school.	I can develop my personal fitness by staying active for 60 minutes each day.	I can develop and learn about cardiovascular endurance at home.	I can develop my muscular strength at home to improve overall fitness.	I can flex and extend my muscles to improve my overall fitness.
Academic Language for Today	BODY COMPOSITION Measures the body's fat masses to the body's masses (bone, muscle, and other tissues) BMI= Body Mass Index	MUSCULAR ENDURANCE The ability of the muscles to perform continuous without fatiguing	CARDIOVASCULAR ENDURANCE The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.	MUSCULAR STRENGTH The maximum amount of force a muscle can produce in a single effort.	DYNAMIC STRETCHING/ FLEXIBILITY An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles.
Warm-up	Warm-up Packet (See below)	Warm-up Packet (See below)	Warm-up Packet (see below)	Warm-up Packet (see below)	Warm-up Packet (see below)
Home Activity	Dynamic Stretching	Health-Related Fitness Health Related Card	Deck of Fitness	Invisible Dumbbells Invisible Dumbbell Card	Exercise Dice Game
Daily Fitness Activity	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log
Fitness Video	Body Composition Video	Fitness Video	Cardiovascular Endurance Video	Muscular Strength Video	Flexibility Video

Standard 3 [E1.K,2,3a,5] Identifies active play opportunities outside physical education class (K); Describes physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family) (2); Charts participation in physical activities outside physical education class (3a); Charts and analyzes physical activity outside physical education class for fitness benefits of activities (5).

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.

Have an adult sign their initials next to each activity that you complete.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

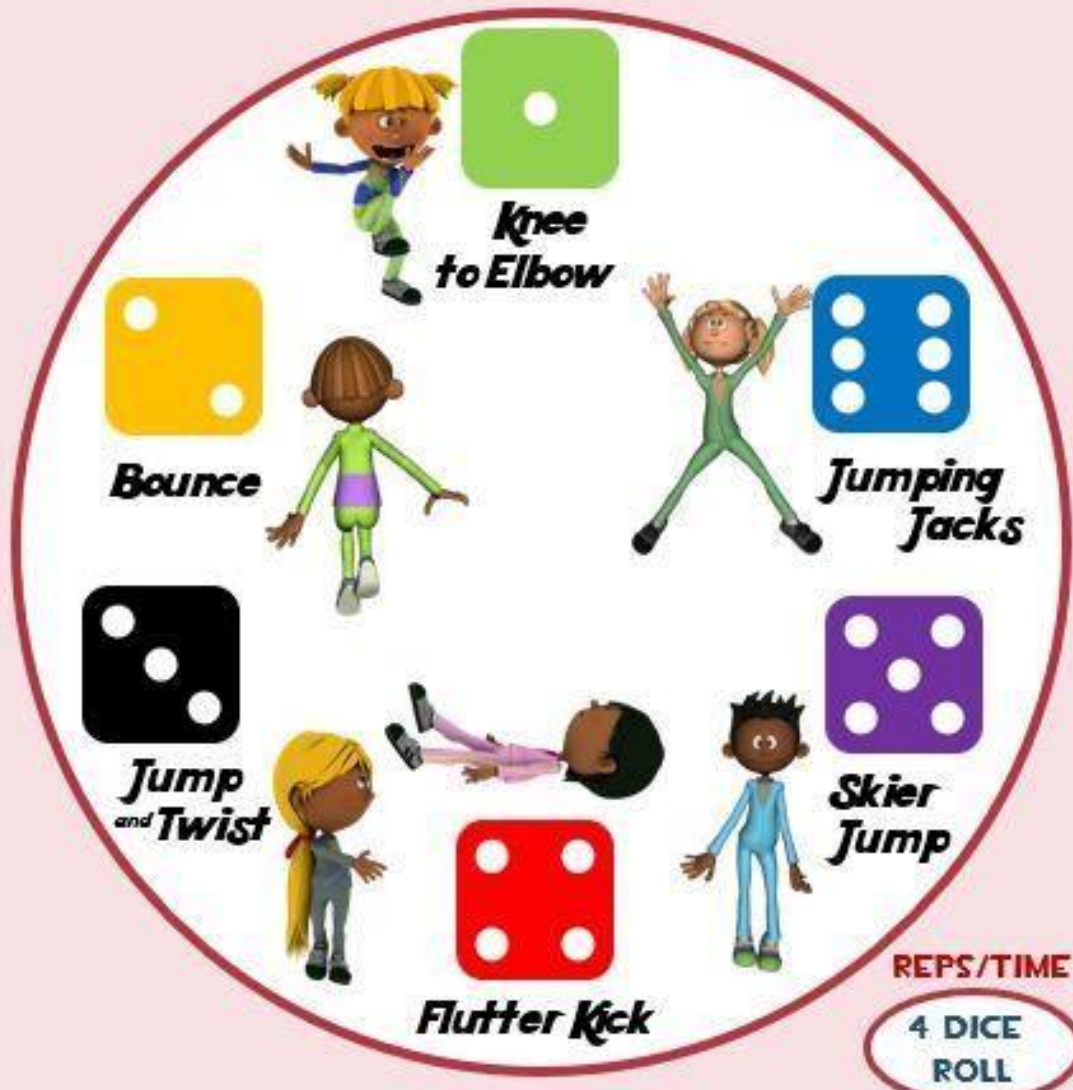
Child's Name: _____

Child's Homeroom Teacher: _____

Parent Signature: _____

Purpose: *This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision)*

CARDIO

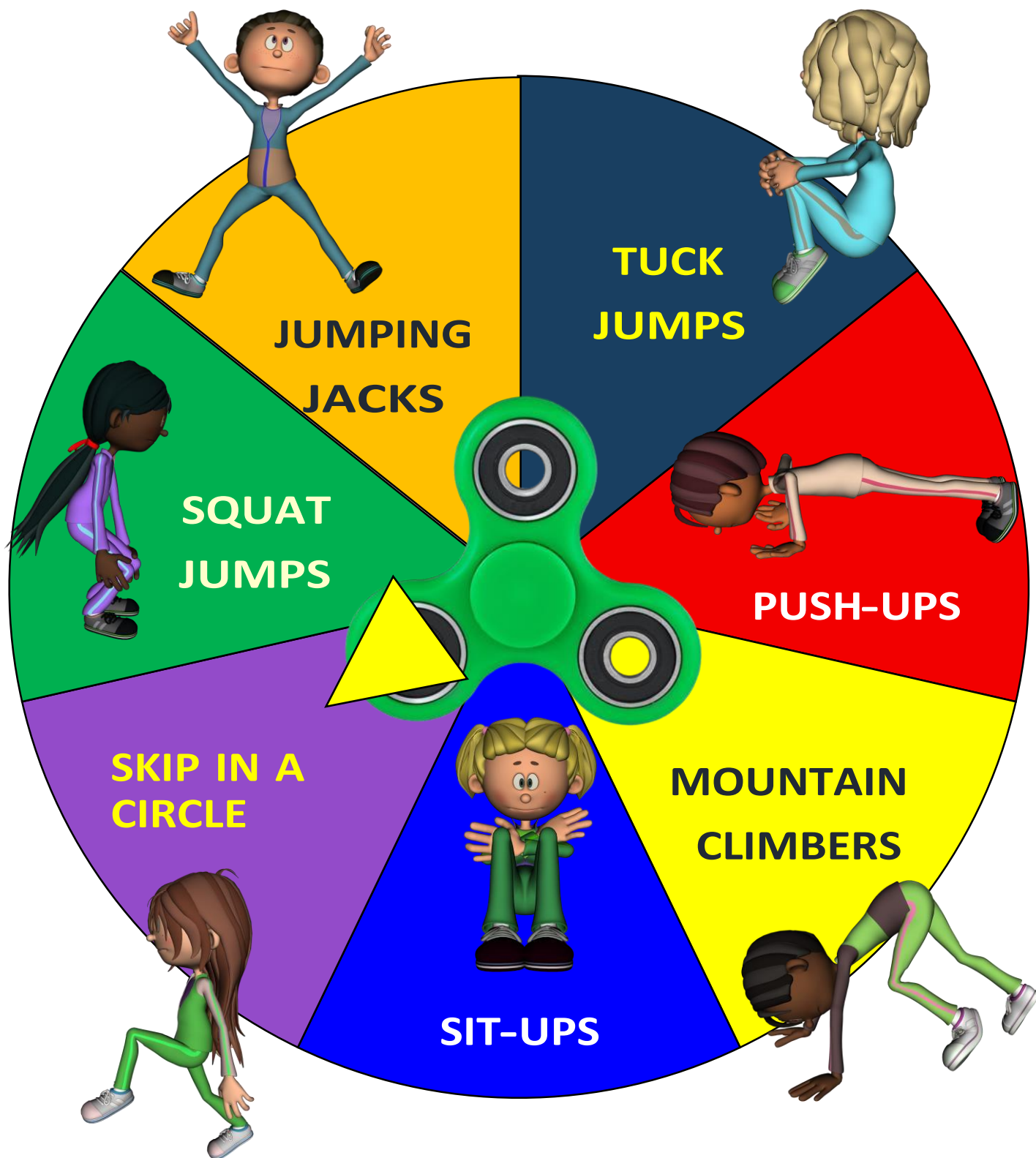


Roll 1 die and perform the cardio movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

2

DICE



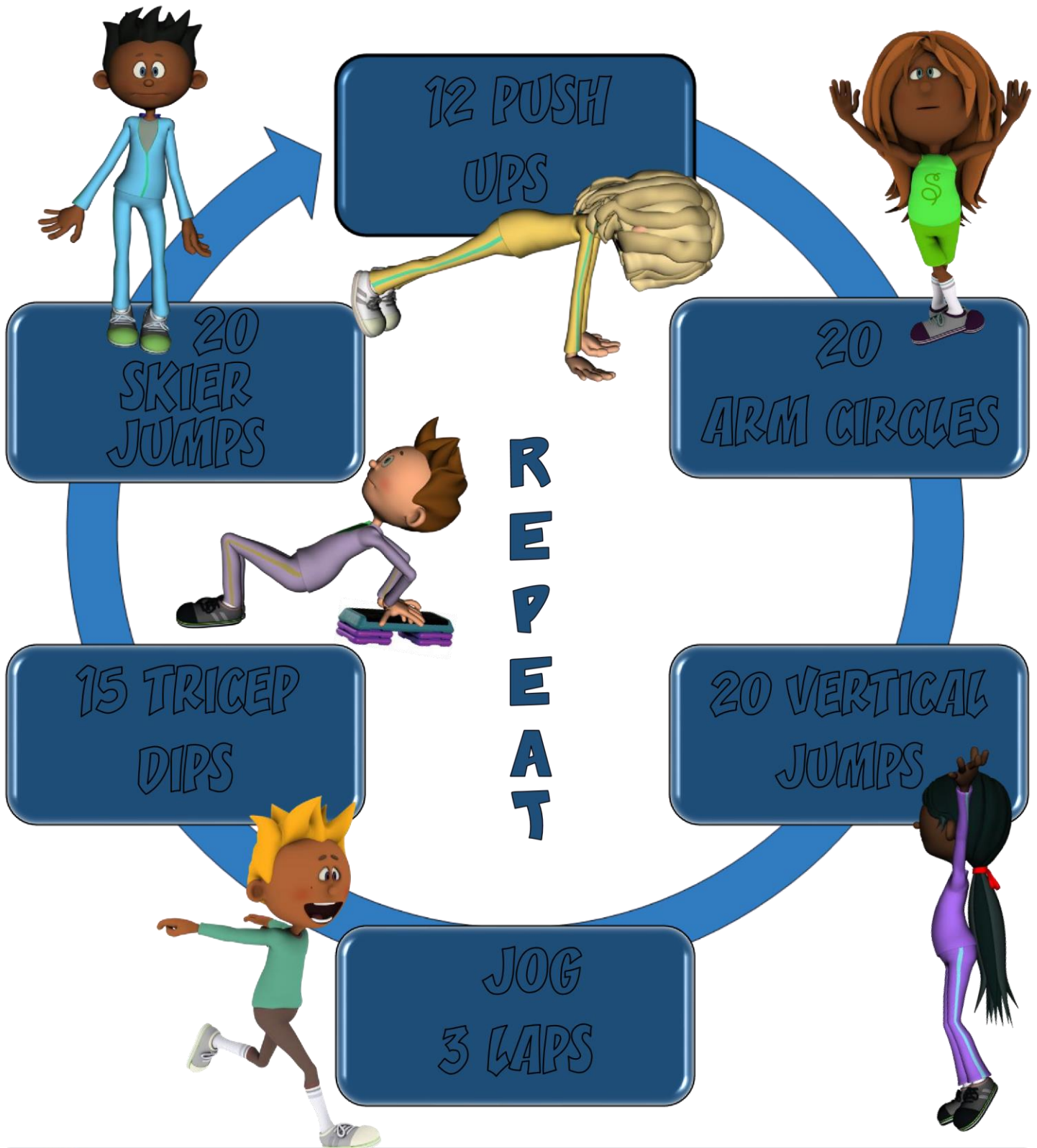
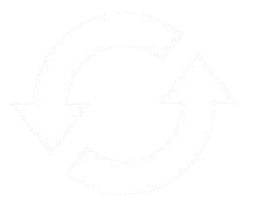


Do 10 of what the fidget spinner lands on



AMRAP

(AS MANY ROUNDS AS POSSIBLE)



NAVY BLUE WORKOUT



TABATA

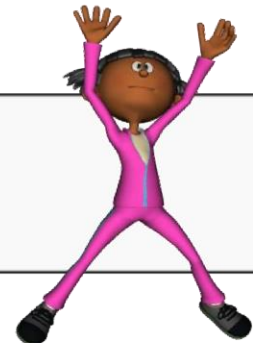


1. JUMPING JACKS



10 SEC REST

20 SEC MOVE



2. PUSH-UPS



10 SEC REST

20 SEC MOVE

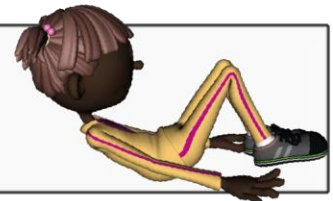


3. CRUNCHES



10 SEC REST

20 SEC MOVE

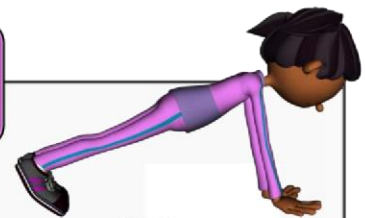


4. BURPEES



10 SEC REST

20 SEC MOVE



5. HIGH KNEES



10 SEC REST

20 SEC MOVE



6. JOG IN PLACE



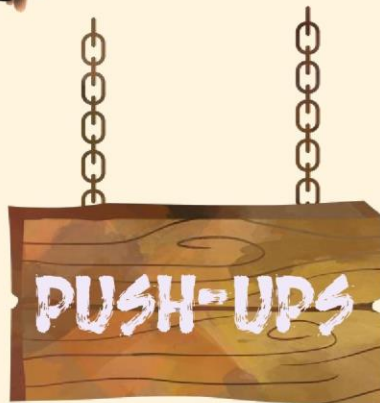
10 SEC REST

20 SEC MOVE



1

HIGH INTENSITY INTERVAL TRAINING



30 seconds each