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

Concept of Focus	10 Day Rotation	Day 1/ Day 6	Day 2/ Day 7	Day 3/ Day 8	Day 4/ Day 9	Day 5/ Day 10
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<u>Video</u> <u>Endurance Video</u> <u>Video</u>	Fitness Video	Body Composition	Fitness Video	<u>Cardiovascular</u>	Muscular Strength	Elovibility Vidoo
		<u>Video</u>	i-itiless video	Endurance Video	<u>Video</u>	rexibility 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.

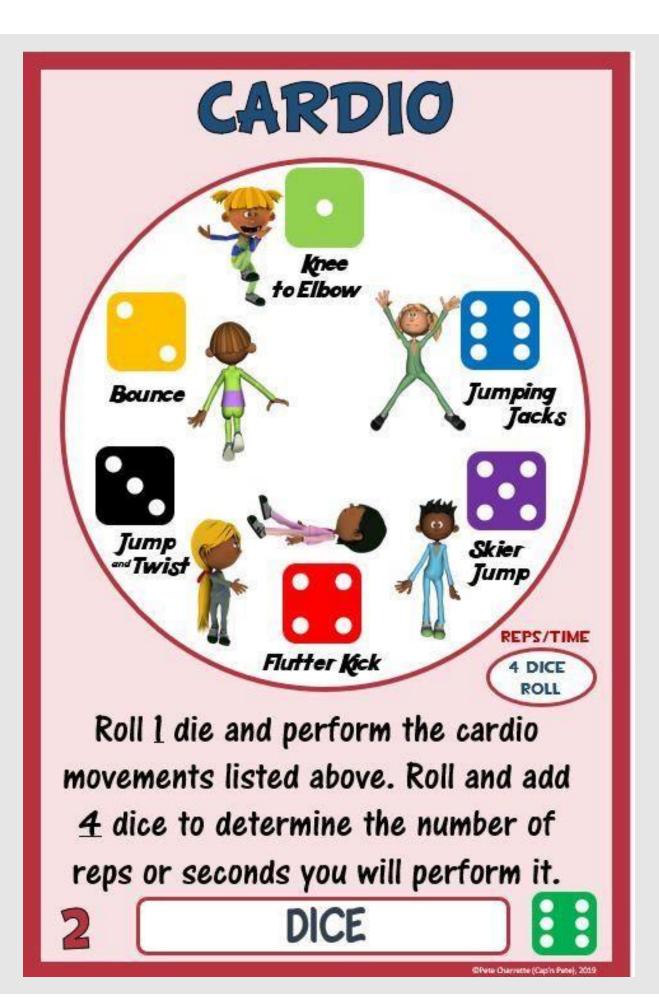
Week 1:

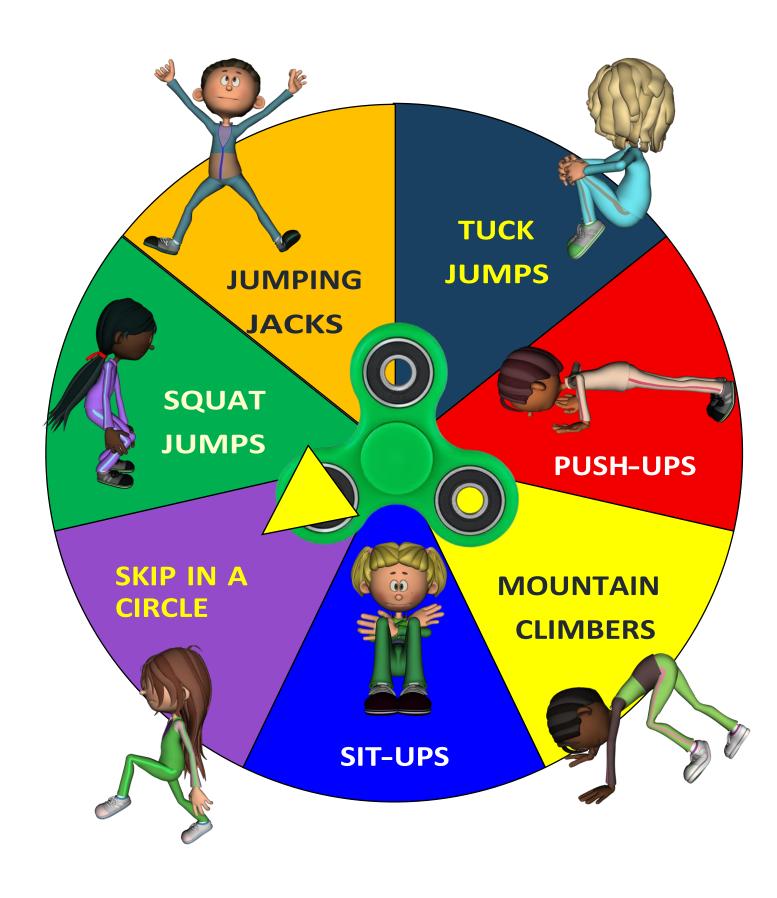
Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

Week 2:

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

Child's Name:	Purpose: This calendar encourages families to
	become more physically active and to take steps
	toward a healthier lifestyle. Each day, students
Child's Homeroom Teacher:	are asked to complete a different activity with a
	family member (or with adult supervision)
Descrit Circulture.	
Parent Signature:	





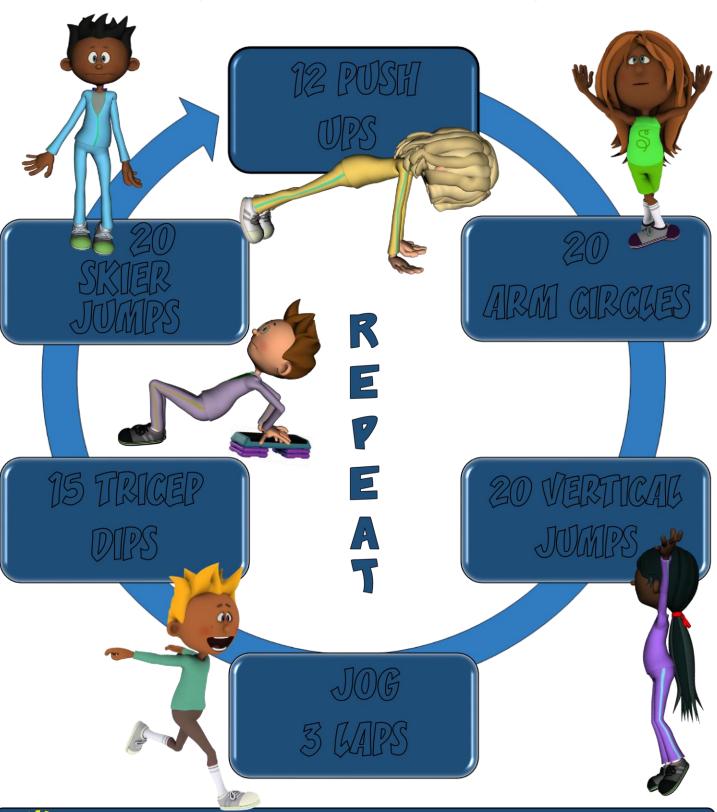
Do 10 of what the fidget spinner lands on



RMRRP



(AS MANY ROUNDS AS POSSIBLE)





NAVY BLUE WORKOUT



TABATA









20 SEC MOVE





10 SEC REST

20 SEC MOVE



3. CRUNCHES







4. BURPEES



10 SEC REST

10 SEC REST

20 SEC MOVE





20 SEC MOVE



6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



HIGH INTENSITY INTERVAL TRAINING

