

# PHYSICAL EDUCATION

## THIRD THROUGH SIXTH GRADE

The purpose of distance PE is to keep our students and their family moving and having fun! Our goal is to provide our students and their families with some resources to stay active and healthy from home.

### Goal of the week!

This week in PE we're working on throwing. Throwing is an important skill for multiple different sports and games. Some examples of throwing games are baseball, dodgeball, football, passing in basketball, bean bag tossing, playing catch and monkey in the middle.

### Throwing Tips!

- Step with opposite foot of the arm that you throw with
- Remember to point your hip at your target
- Keep your eye on the target

Did you know that kids your age should be physically active for at least 1 hour everyday? Write down some examples of ways you like to be physically active outside of school.

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### Additional Web based Resources

- <https://www.nba.com/blazers/virtualpe>

## Daily Challenges!

How many of these activities can you complete a day? If you complete the activity you can check it off! Invite your family members to join you and remember to never go outside without asking an adult first!

Wednesday 4/22	Thursday 4/23	Friday 4/24	Weekend Bonus activities!	Monday 4/27	Tuesday 4/28
<input type="checkbox"/> Go for a run around your block <input type="checkbox"/> 30 sit ups <input type="checkbox"/> Play catch, use a ball, flying disk or pair of rolled up socks	<input type="checkbox"/> Do 30 jumping jacks <input type="checkbox"/> 20 push-ups <input type="checkbox"/> Do some gardening, yard work, or pull some weeds	<input type="checkbox"/> go for a walk <input type="checkbox"/> 30 jumping jacks <input type="checkbox"/> Play your favorite game or sport that involves physical activity	<input type="checkbox"/> Play catch <input type="checkbox"/> Help a family member make dinner <input type="checkbox"/> Play tag <input type="checkbox"/> Race a family member	<input type="checkbox"/> Run as fast as you can up and down your sidewalk or around your house <input type="checkbox"/> Wall sit <input type="checkbox"/> Clean your room	<input type="checkbox"/> go for a jog <input type="checkbox"/> 30 squats <input type="checkbox"/> Take your family on a walk after dinner