

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 Kicking. Kicking is an important skill for soccer, football, and kickball!

Kicking Tips!

- Watch the ball
- Use the inside of your foot to kick the ball, not your toes!

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 5/6	Thursday 5/7	Friday 5/8	Weekend Bonus activities!	Monday 5/11	Tuesday 5/12
<input type="checkbox"/> Jump over an object 30 time (shoe, piece of string, broom etc.) <input type="checkbox"/> 15 push-ups <input type="checkbox"/> Time how long it take you to clean your room	<input type="checkbox"/> 20 jumping jacks <input type="checkbox"/> Pull 20 weeds from your yard or the park <input type="checkbox"/> Drink 5-7 glasses of water throughout the day	<input type="checkbox"/> Make up a dance routine or do a TikTok dance! <input type="checkbox"/> Say something kind to each of your family members <input type="checkbox"/> Make a fort <input type="checkbox"/> Do a wall-sit for 1 minute or longer	<input type="checkbox"/> Playing a kicking game (soccer, kickball, pass, football) <input type="checkbox"/> Kick into a goal (between someone legs or two objects) <input type="checkbox"/> Plastic cup stacking <input type="checkbox"/> Play a board or card game with family	<input type="checkbox"/> Speed walk for 5-10 minutes <input type="checkbox"/> Play hide and seek or cops ad robbers <input type="checkbox"/> Take your family on a walk after a meal	<input type="checkbox"/> Run for as long as you can <input type="checkbox"/> Turn on some music and have a dance party!! <input type="checkbox"/> Help cook dinner