

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 Catching. Catching is an important skill for multiple different sports and games. Some examples of Catching games are baseball, dodgeball, football, Basketball, and Softball. Try playing catch at least once this week! You can use any ball or object that you have available!

Catching Tips!

- Watch ball
- Move feet until you're in front of the ball

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 4/29	Thursday 4/30	Friday 5/1	Weekend Bonus activities!	Monday 5/4	Tuesday 5/5
<input type="checkbox"/> Power walk around your block <input type="checkbox"/> Challenge your self and do as many pushups as you can <input type="checkbox"/> Play hop-scotch	<input type="checkbox"/> Run for 5-10 minutes <input type="checkbox"/> Do arm circles for 3 minutes <input type="checkbox"/> Invite your family members to play sharks and Minnows	<input type="checkbox"/> Do High Knees up and down your block <input type="checkbox"/> Do 25 sit ups <input type="checkbox"/> Go on a bike/scooter/skateboard ride or a walk	<input type="checkbox"/> Jump rope for 50 jumps <input type="checkbox"/> Make up a dance and video it <input type="checkbox"/> Go hiking <input type="checkbox"/> Play Tag	<input type="checkbox"/> Go for a Jog <input type="checkbox"/> Do your favorite workout <input type="checkbox"/> Go on a Nature Scavenger Hunt (see back)	<input type="checkbox"/> Do 50 Jumping Jacks <input type="checkbox"/> 15 squats <input type="checkbox"/> Turn off your tv for the whole day

NATURE SCAVENGER HUNT

- | | |
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| <input type="checkbox"/> flowers | <input type="checkbox"/> a pinecone |
| <input type="checkbox"/> leaves from different trees | <input type="checkbox"/> a colored rock |
| <input type="checkbox"/> bark | <input type="checkbox"/> a bird's nest |
| <input type="checkbox"/> something white | <input type="checkbox"/> mushrooms |
| <input type="checkbox"/> a seed | <input type="checkbox"/> wild berries |
| <input type="checkbox"/> a feather | <input type="checkbox"/> moss |
| <input type="checkbox"/> something fuzzy | <input type="checkbox"/> something sharp |
| <input type="checkbox"/> an acorn | <input type="checkbox"/> a flat rock |
| <input type="checkbox"/> something red | <input type="checkbox"/> a frog |
| <input type="checkbox"/> "y" shaped twig | <input type="checkbox"/> an anthill |
| <input type="checkbox"/> something fuzzy | <input type="checkbox"/> something with a hole in it |
| <input type="checkbox"/> something beautiful | <input type="checkbox"/> a walking stick |

Which treasure is your favorite?

Which item was most difficult to find?

Did you collect anything that wasn't on the list? If so, what made you choose it?

