

Webster County Schools

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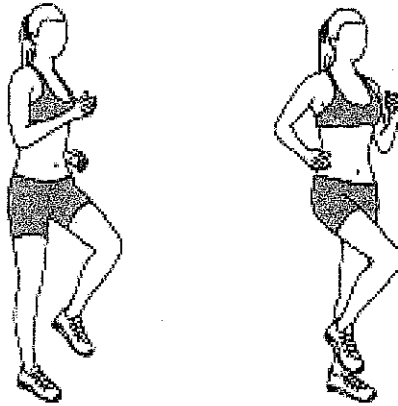
P.E.

Packet 3

May 4, 2020

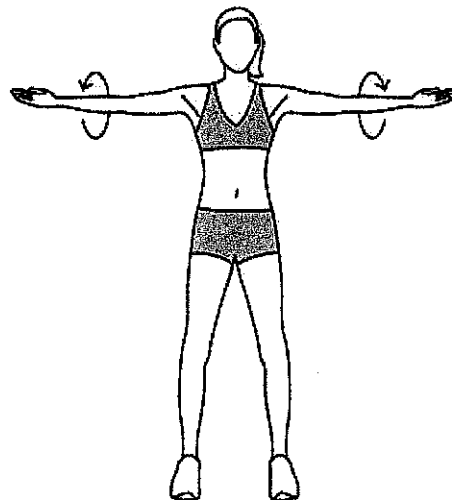
Marching in Place

1. Stand with your feet slightly apart (as you normally stand) and your arms at your side.
2. March in place, lifting your knees high toward the ceiling.
3. Do this 20 times.



Arm Rolls

1. Stand with your feet shoulder-width apart and extend your arms parallel to the floor.
2. Circle your arms forward using small controlled motions, gradually making the circles bigger until you feel a stretch in your triceps.
3. Reverse the direction of the circles after about 10 seconds.
4. Do this 10 times.



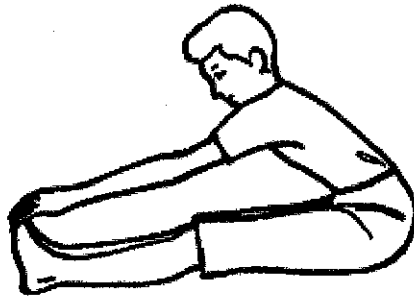
Seated Butterfly

1. Sit up straight and tall with your knees bent.
2. Drop your legs to the sides and bring the soles of your feet together.
3. Grasp your feet and ankles and slowly lean forward, keeping your spine straight.
4. Place your elbows on the tops of your thighs and gently press down until you feel a stretch.
5. Do this 10 times



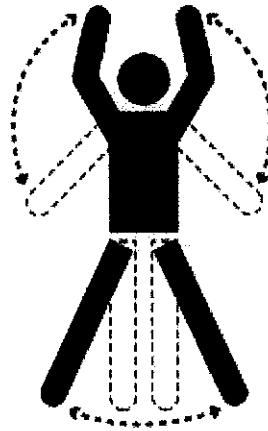
Sitting Toe Touch

1. Sit on the floor with legs in front of you and point your toes towards the ceiling without bending your knees.
2. Sit straight up.
3. Slowly bend forward and attempt to touch your toes without bending your knees.
4. Bend and reach, but do not bounce or push to a point of pain.
5. Hold this position for 15 - 30 seconds
6. Do this 5 times.



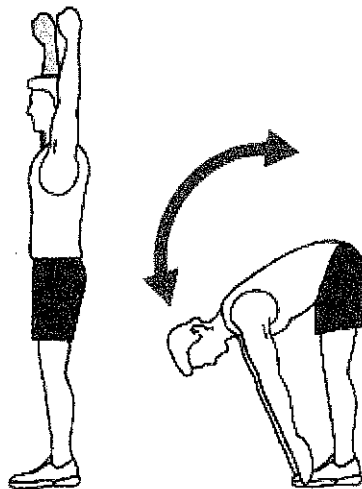
Jumping Jacks

1. Stand upright with your legs together, arms at your sides.
2. Bend your knees slightly and jump into the air.
3. As you jump, spread your legs to be about shoulder-width apart.
4. Stretch your arms out and over your head.
5. Jump back to starting position.
6. Do this 10 times.



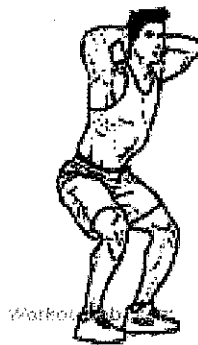
Standing Toe Touch

1. Stand upright with your feet shoulder-width apart, toes facing forward.
2. Keep your legs straight and your knees slightly bent with your arms extended down by your side. This is your starting position.
3. Keeping your body loose, bend forward at the torso and let your fingers hang down toward your toes.
4. Hold for 20 counts and then return to the starting position.
5. Do this 5 times.



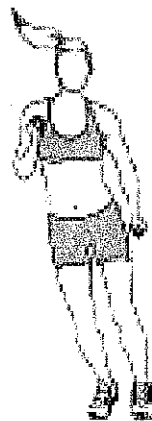
Squat Jumps

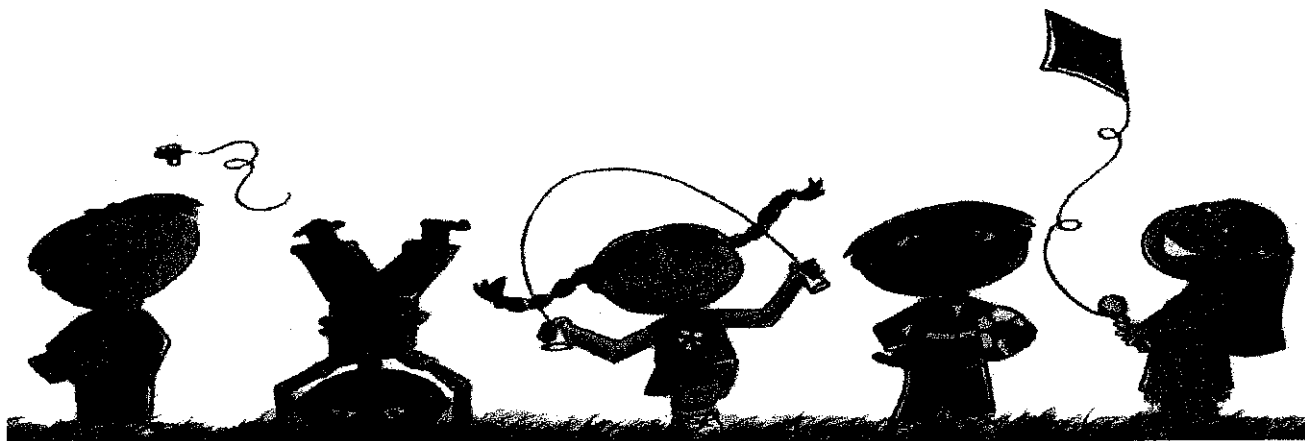
1. Stand with your feet shoulder-width apart.
2. Start by doing a regular squat, then engage your core and jump up.
3. When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.
4. Do 5 of these.



Side Hops

1. Start off in a standing position with your feet at hip width and your hands on your hips.
2. Make sure you have space to jump out to each side of where you are standing.
3. Crouch down by bending your knees and hips, then jump sideways approximately a yard or as much as you can safely manage.
4. Do this 5 times.





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Get Them Moving... Even at Home!

In case you need a little inspiration, here are some work/play activities that kids can do right at home. Some of these require adult supervision, depending on the student's grade level.






- Turn on music and dance
- Play Simon Says and include physical activity
- Go on a walk with family
- Draw with chalk on the carport or driveway
- Race as you hop like a bunny or frog; squat and waddle like a duck, etc.
- Carry a laundry basket full of clothes
- Build a fort
- Take the garbage or recycling bins to the road
- Do outdoor chores: rake the leaves, etc.
- Do indoor chores: vacuum, sweep, mop, etc.
- Follow the leader: Add to the workout with energetic movements such as jumping, stomping, and squatting
- Load and unload the dishwasher (If you don't have a dishwasher, wash the dishes)
- Water plants with a watering can
- Wash the car
- Set up a sprinkler in your yard and have your kids jump through using animal or dance movements
- Clean-up race: Set a timer or put on a song to see who can clean a room the fastest
- Remove couch cushions and put them back
- Give the dog a bath
- Carry a small pet
- Clean windows
- Make an obstacle course
- Stack and unstack cans or boxes of food
- **Enjoy this time you have with your children. I can't wait to see them again.**

May

PreK - K4

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Take a walk. Each time you see a sign of spring do 10 jumps for joy.</p> 	<p>Motions of the Weather. Use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.</p>	<p>Practice your throwing skills. Find a big target and throw as hard as you can at it. Work on stepping right at the target with your "opposite" foot.</p>	<p>Rainbow Run. Talk about the colors of the rainbow and as you name a color run and touch three things that are that color.</p>	<p>Log Rolls – find a safe space in your house and practice rolling in a straight, strong line. Use those muscles.</p>	<p>Silly Run: Get outside and run. Try running in a straight line, a curvy line, and then a zigzag line.</p>	<p>Pretend that your elbow or your foot is a great big crayon, and move all around your home coloring the most beautiful picture.</p>
<p>Can you leap? Pretend that your house is full of puddles and your job is to leap over all of them. Don't get wet! ☺</p>	<p>Find an extra chore that will help you become a better mover (sorting clothes to work on throwing skills; sweeping the floor to work on strength).</p>	<p>Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least two whole songs.</p>	<p>Statures Game: Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.</p>	<p>Say the ABC's by putting your body into the shape of each letter.</p> 	<p>Go for a walk – breath in the air as you swing your arms and hold your head high.</p>	<p>Can you skip? Give it a try – step, hop, step, hop.</p>
<p>Cut out a bunch of different shapes, put the shapes in a pile and then try putting your body into these odd shapes.</p> 	<p>Find different kinds of shoes in your house. Pretend to move as if you were wearing each kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates.</p>	<p>Get silly today and make up a new sound or word and then make up a new action to go along with that word or sound.</p>	<p>Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage.</p>	<p>What animals do you see in the spring? Act them out.</p>	<p>Go outside and explore speed – try moving really fast. Now move very slowly. Practice changing from fast to slow.</p>	<p>Pick up your room! Each time you pick something up do five jumps before you put it away.</p>
<p>Ask someone to help you make a hopscotch pattern with paper plates. Practice hopping and jumping.</p>	<p>Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.</p>	<p>Nature Statues Game: Name something that you would see in nature then put your body into that shape. Try to hold that shape while you count to 10.</p>	<p>Become a cloud! Watch the clouds today and change your body into all of the shapes that the clouds make – then float through space going high, low, fast and slow.</p>	<p>Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also remember to land softly.</p>	<p>Do the Opposites! Work on doing opposite movements, such as run fast and slow, reach high and low, march soft and hard.</p>	<p>Pretend to play your favorite instrument and go on a parade around the yard.</p>
<p>All Aboard! Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?</p>	<p>Take five minutes – go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.</p>	<p>Get outside and play catch. Follow the ball with your eyes and move to where the ball is going.</p> 	<p>Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.</p>	<p>Motions of the Weather. Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow...get creative!</p>	<p>Make yourself really small and on the count of three spring up into the air, reaching and stretching to make yourself really big.</p>	<p>Go back and repeat the activities that you really enjoyed this month!</p> 

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health.moves.minds.

Elementary Mind & Body Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- National Observances**
- May 1-7: National Physical Education and Sport Week
 - May 4th: Star Wars Day
 - May 5th: Cinco de Mayo
 - May 6th: National Nurses Day
 - May 10th: Mother's Day

3 How Fast Can You Go?
Pick a distance and see how fast you can run the distance.

4 Star Jumps
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.



5 Celebrate
Put your favorite song on and make up a dance or fitness routine!



6 A Gratitude Attitude
Write down something you're thankful for and why.

7 Inchworms
Keeping your legs straight place them into push-up position, and walk your legs up.

8 Teacup Tip-ups
Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.

9 Musical Frogs
This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).

10 Positive Talk
Be sure to talk to yourself today like you would talk to someone you love.

11 Yoga
Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.



12 Wild Arms
As fast as you can complete:
10 Arm Circles front & back
10 Forward punches
10 Raise the Roof's
Repeat 3x

13 Mindful Senses
What do you notice around you? Find:
5 things you see
4 things you feel
3 things you hear
2 things smell
1 thing you taste

14 Crawl Like a Seal
Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.

15 Rock Paper Scissors Tag
Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.

16 Family Mindful Snacking
When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?

17 Rock Paper Scissors Tag
Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.

18 Chair Pose
Hold for 30 seconds, relax then repeat.



19 Paper Plate Planks
In plank position with paper plates under your feet. Complete 30s each:
-mountain climbers
-in and out feet
-knees to chest

20 Commercial Break
Can you hold a plank for an entire TV commercial break?

21 Jump, Jump
Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.

22 Positive Talk
Be sure to talk to yourself today like you would talk to someone you love.

23 Play Catch
Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.

24 Before Bed Breathing
While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.

25 Crane Pose
Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.



26 Step Jumps
Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.

27 A Gratitude Attitude
Write down something you're thankful for and why.

28 Wake and Shake
As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.

29 Walls
Face each wall in a room and do a different exercise for 30 seconds
-side shuffle
-grapevine to left then right
-wide stance punches
-vertical jumps

30 How Fast Can You Go?
Pick a distance and see how fast you can run the distance.

31 Wild Arms
As fast as you can complete:
10 Arm Circles front & back
10 Forward punches
10 Raise the Roof's
Repeat 3x

SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!

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<https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>

Star Wars photo from www.starwars.com, Cinco de Maya photo from <https://northfortynews.com/happy-cinco-de-mayo-northern-colorado/>,
Yoga photos from www.forteyoga.com.



The PE Specialist
Inspiring Teachers to Inspire Students

[\(https://www.thepespecialist.com/\)](https://www.thepespecialist.com/)

How to Stay Active at Home: PE At Home Resources



Wow, these are interesting times to be sure!

Coronavirus Memes are going wild, the NBA is cancelled and schools are closing all over the world and transitioning to E-Learning while students are stuck at home in quarantine.

With kids missing that recess and PE time I wanted to make sure you have some resources to keep your students (and yourself) active and healthy.

Privacy - Terms

One of the most important things you can do for you and your families mental health and physical health during this time is make sure you stay active and get at least the CDC recommended 60 minutes of activity each day (<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>).

Check out the video below or scroll down to the links to see my favorite ideas and resources for getting active at home.



Links and resources mentioned in the video below:

NO EQUIPMENT NEEDED ACTIVITIES

No Internet?

If you don't have internet you can print off or take a screenshot of some of the one page workouts at Darebee.com, they are all free and they have workouts that focus on pretty much every part of the body as well as full body workouts, so pick one that meets your interests and

goals (check out the filter option to choose specific parts of the body or aspects of fitness to focus on):

<https://darebee.com/workouts.html> (<https://darebee.com/workouts.html>)

Awesome online resources:

SworKit: Free Customizable Follow Along Kids Workouts

- [Sign up for SworKit \(https://sworKit.com/\)](https://sworKit.com/) and use them for follow along workouts for kids
 - They have a free kids workouts for anyone to use after signing up and they are even customizable and have student examples for all of the follow along workouts, just click on the “Kids Workouts” section after logging in
 - This is awesome because since it’s customizable you can delete activities that are too hard and replace them with easier versions – or if it’s too easy, you can replace them with more challenging activities and exercises...

Follow Along Workout Channels on Youtube

- Great for Kids Workouts is [Glenn Higgins Fitness \(https://www.youtube.com/playlist?list=PLvuT1Bjs2VVF0Yqahj8VAKBwyYFnLJIDa\)](https://www.youtube.com/playlist?list=PLvuT1Bjs2VVF0Yqahj8VAKBwyYFnLJIDa)
- Good for older kids or Adults [Fitnessblenders Youtube Channel \(https://www.youtube.com/channel/UCiP6wD_tYIYLYh3agzbByWQ\)](https://www.youtube.com/channel/UCiP6wD_tYIYLYh3agzbByWQ)
- “PE With Joe” (<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTl>) – Daily follow along at home workouts

- **Workouts with Coach Foy**
(<https://www.youtube.com/channel/UCdEhpDY8lmbbgaEiAH2TIZA/videos>) – Follow Along At Home Workouts
- **Yoga**
 - Great for younger kids: Cosmic Kids Yoga
(<https://www.youtube.com/user/CosmicKidsYoga>)
 - Good for older kids and adults: FitnessBlender Yoga Videos
(<https://www.youtube.com/user/FitnessBlender/search?query=yoga>)

Follow Along Dances:

- Pick your favorite Just Dance Video (<https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q>) on Youtube and bust a move – Or Download the Just Dance App (<https://justdancenow.com/>) and have a virtual dance competition with your friends
- Have students complete GoNoodle Follow Along Dances
(<https://www.youtube.com/user/GoNoodleGames>)
- The site below offers a huge library of follow along videos teaching dance moves and health concepts to kids:
 - <https://hhph.org/repository/#filter=.videos>
(<https://hhph.org/repository/#filter=.videos>)
- Born To Move: This site has a variety of Follow Along Dance and Activity Videos for kids
 - <https://watch.lesmillsondemand.com/born-to-move-free>
(<https://watch.lesmillsondemand.com/born-to-move-free>)

Practice or learn a popular Line Dance

- Like the Cupid Shuffle for Example (https://youtu.be/5_srg-18Fz0)

- Or the Sid Shuffle (<https://www.youtube.com/watch?v=uMuJxd2Gpxo>) from the movie Ice Age

PE ACTIVITIES WITH LIMITED EQUIPMENT

SKILLS REVIEW

If you have any of the equipment below (frisbee, ball, jump rope, balloon etc), you can practice reviewing or working on any of the skills that we've learned in PE class this year.

- **Jump Rope:** If you have a jump rope, you can review some of the Single Jump Rope Tricks (<https://youtu.be/wK8XUaAfmSs?t=37>), we learned in PE, or if you have a sibling or family member you could even try out some of the Partner Tricks (<https://youtu.be/K-Y53t14BC4?t=84>), we learned
 - **K-2nd:** If your learning to jumprope for the first time – Check out this video for some helpful tips (<https://youtu.be/n7ulgvoXdG0>).
- **Throwing and Catching:** If you have space in your yard and it's safe to go outside, try to practice throwing and catching with a family member with a ball or a frisbee
 - K-1: Underhand Throwing (ball) (https://youtu.be/_4O1vpM0ZI)
 - 2-5: Overhand Throwing (ball) (<https://youtu.be/vdAbRz62tCQ>)
 - How to throw a Frisbee (<https://youtu.be/DIgbdXAqppM>)
- **Striking a Balloon** (awesome activity for K-2nd Grade)
 - Blow up a balloon and practice striking it with different items in your house (or different body parts)

- What is the hardest item or body part to control the balloon with? What's your record for the most number of hits without moving your feet?
- [Here's an example of this balloon striking activity \(https://youtu.be/k-S1w0xxWXI\)](https://youtu.be/k-S1w0xxWXI)
- **Basketball:** If you have a basketball or playground ball, practice some of the ball handling drills and challenges that we worked on in PE over the last few weeks
 - [Ball Handling Drills Tutorial \(https://youtu.be/WVcugE_QRG8?t=9\)](https://youtu.be/WVcugE_QRG8?t=9)
 - [Ball Handling Drills Follow Along \(https://youtu.be/RW6Sneti7JQ?t=9\)](https://youtu.be/RW6Sneti7JQ?t=9)
- **4 Square**
 - If you have a playground ball and a garage or driveway you can play a game of 2 Square with a family member, draw a court with some chalk and check out this post if you don't have the rules to play the game
<https://www.thepespecialist.com/foursquare/>
(<https://www.thepespecialist.com/foursquare/>)
- **Cup Stacking**
 - If you have some Speed Stack Cups, check out the Speed Stack Website for some fun "[Stack at Home Challenges and Activities \(https://www.speedstacks.com/home/\)](https://www.speedstacks.com/home/)"

Inspirational Character and Confidence Building Video Series:

- Check out the website below for a great set of inspirational videos for students to watch and have some conversations about perseverance through hard times, believing in yourself and making an impact in the world. I think this series offers a great perspective for students.
- <https://www.varsitybrands.com/believe-in-you-video-series-one>
(<https://www.varsitybrands.com/believe-in-you-video-series-one>)

- Be Well Played: PE at Home Ideas Blog Post
(<https://www.bewellplayed.com/blog/peathome>)
- Follow Along PE Class Ideas from PE Teachers on Youtube *These are good*
 - Coach Wood – Daily Online PE Class
(https://www.youtube.com/channel/UC1dtNDz_Fd-sb_RuGcDew4A)
 - Ben Prillo – Fun At Home Activities (https://www.youtube.com/playlist?list=PLJnn5H8Y_tYFzQvILe5oR4BDxer9HNehZ)
 - Mallory Nutt – Sample At Home PE Class (<https://youtu.be/pGc8CqmMvTU>)
 - Derek Zachary – Sample PE at Home Lessons
(https://www.youtube.com/channel/UCQ9gYn_KdIPvslxEBcyWAwQ/videos)
 - Mike Morris – Sample PE at Home Activities
(https://www.youtube.com/channel/UCwD5G06s9Dpz-VjTi7k_okw/videos)
 - Joey Feith (curriculum resources and YT videos (<http://JoeyFeith.com>:
<https://thephysicaleducator.com/2020/03/20/distance-learning-for-physical-education/>))
 - Peter Connell – Short daily activity ideas
(https://www.youtube.com/channel/UC5CER4VIGWNgbmGBqtt6l5g?fbclid=IwAR2S2D_OEUIJPHSg7BCcWQgCGO4jX8rSMAIeoTB0Ata2PMIfv9TWPe37Xk)
- DIY Equipment – for PE Activities
 - Milk Carton Scoop and Catch (<https://youtu.be/9IARChEvA5Y>)
 - Make your own jump rope (<https://youtu.be/dTJECqAxra0>) (from plastic bags)
 - Make your own jump rope (<https://youtu.be/lF-qEfxEveg>) (from old T-Shirts)

Name of Activity	
Hashtag Family Fitness	
ESPA Component	Family Engagement in PA
Activity Objective	Promote physical activity amongst the entire school staff
Grade Level	Elementary & Secondary
Equipment	A smartphone and a twitter account
Activity Description	
<p>This activity is designed to promote student physical activity outside of school, as well to promote family engagement in physical activity. On each day from May 1-7, get the family together after school to participate in some kind of physical activity. Try and do activities that promote muscle health and skill-related fitness. Below are a few ideas of activities the family can do:</p> <ul style="list-style-type: none"> • Family Walk/Jog: Try and keep going for at least 30 minutes straight. Take breaks if needed. • Family Bike Ride: Try and ride for at least 30 minutes straight. Wear protective gear and follow basic safety. • Have a catch: Grab some baseball/softball mitts and have a catch. How many can you catch without dropping? • Shoot some hoops: Go to the nearest court and play 1v1, 2v2, 3v3 or have a free-throw shooting competition. <p style="text-align: center;">Tweet your family activity photos to @SHAPE_America with the #SHAPE50Million</p>	
Modifications	
<ul style="list-style-type: none"> • Choose to participate in activities that the whole family can participate in successfully. • Be sure to tweet out your family fitness photos to show your support for National Physical Education & Sport Week! 	