

Physical Education Assignment - Grades 2-3

Assignment:

- 1. Exercise Log Worksheet - Pages 2 - 3 of this packet*
- 2. Heart Rate Activity Worksheet - Last page of this packet*

Exercise Log Worksheet -- Pages 4 - 6 of this packet:

- Students will choose 5 out of the 10 workouts provided by Mrs. Natale
- The 5 chosen workouts will be performed by the student on any 5 days they choose - does not have to be consecutive days.
- Each workout is roughly 5-7 minutes long - Will need a timer to complete the workouts
- They will keep track of what workout they performed and on what day they performed the workout
- They will record the workout performed, along with the date it was performed on the Workout Log that has been provided.
- Students will write a sentence or two after each workout, describing how they felt during it.

Heart Rate Activity Worksheet: *Last page of this packet*

- You will be performing 5 different tasks for 15 seconds, 30 seconds and 1 minute
- You will be determining what your heart rate is during those tasks.
- At the end, you will be answering 3 different questions.
- All instructions are provided on the Heart Rate Activity Worksheet provided on last page of packet
- It is easy to check your pulse using just your fingers, not your thumb, either at the wrist or the side of the neck...
 - At the wrist, lightly press the index and middle fingers of one hand on the opposite, just below the base of the thumb
 - At the neck, lightly press the side of the neck, just below your jawbone.
- If you are having trouble finding your heart rate with the suggestions above, have a parent/guardian/sibling help you with the task

WORKOUT LOG WORKSHEET

Day 1 -- Date:

Workout Performed:

How did you feel during the workout?

Day 2 -- Date:

Workout Performed:

How did you feel during the workout?

Day 3 -- Date:

Workout Performed:

How did you feel during the workout?

Day 4 -- Date:

Workout Performed:

How did you feel during the workout?

Day 5 -- Date:

Workout Performed:

How did you feel during the workout?

WORKOUTS TO CHOOSE FROM -- CHOOSE 5 ONLY!

<p align="center"><u>Workout 1</u></p> <p align="center"><i>work for 20 seconds, rest for 40 seconds - exercise changes every minute</i></p>	<p align="center"><u>Workout 2</u></p> <p align="center"><i>work for 15 second, rest for 45 seconds - exercise changes every minute</i></p>
<ul style="list-style-type: none"> ● Jumping Jacks REST ● Split Jumps REST ● Ski Jumps REST ● Jog in Place REST ● Burpees REST ● High Knees END OF WORKOUT 	<ul style="list-style-type: none"> ● Push-ups REST ● Sit-ups REST ● Mountain Climbers REST ● Jumping jacks REST ● Line jumps REST ● Jog in place END OF WORKOUT
<p align="center"><u>Workout 3</u></p> <p align="center"><i>work for 30 seconds, rest for 30 seconds - exercise changes every minute</i></p>	<p align="center"><u>Workout 4</u></p> <p align="center"><i>work for 20 seconds, rest for 40 seconds - exercise changes every minute</i></p>
<ul style="list-style-type: none"> ● Mountain Climbers REST ● Jog in place REST ● Lunges REST ● Jumping jacks REST ● Hop in place (on two legs) REST ● High Knees END OF WORKOUT 	<ul style="list-style-type: none"> ● Burpees REST ● Split Jumps REST ● Jog in place REST ● High knees REST ● Burpees END OF WORKOUT

<p style="text-align: center;"><u>Workout 5</u></p> <p style="text-align: center;"><i>work for 15 seconds, rest for 45 seconds - exercise changes every minute</i></p>	<p style="text-align: center;"><u>Workout 6</u></p> <p style="text-align: center;"><i>work for 20 seconds, rest for 40 seconds - exercise changes every minute</i></p>
<ul style="list-style-type: none"> ● Hop on right leg only REST ● Hop on left leg only REST ● Jumping jacks REST ● Plank REST ● Ski jumps REST ● High Knees END OF WORKOUT 	<ul style="list-style-type: none"> ● Jumping Jacks REST ● Split Jumps REST ● Ski Jumps REST ● Jog in Place REST ● Burpees REST ● High Knees END OF WORKOUT
<p style="text-align: center;"><u>Workout 7</u></p> <p style="text-align: center;"><i>work for 30 seconds, rest for 30 seconds - exercise changes every minute</i></p>	<p style="text-align: center;"><u>Workout 8</u></p> <p style="text-align: center;"><i>work for 20 seconds, rest for 40 seconds - exercise changes every minute</i></p>
<ul style="list-style-type: none"> ● Hop in place REST ● Jumping jacks REST ● Line jumps REST ● Jog in Place REST ● High jumps - jumps as high as you can REST ● High Knees END OF WORKOUT 	<ul style="list-style-type: none"> ● Jumping Jacks REST ● Ski Jumps REST ● Hop on right foot REST ● Hop on left foot REST ● Push-ups REST ● Jog in place END OF WORKOUT

<p style="text-align: center;"><u>Workout 9</u></p> <p style="text-align: center;"><i>work for 35 seconds, rest for 25 seconds - exercise changes every minute</i></p>	<p style="text-align: center;"><u>Workout 10</u></p> <p style="text-align: center;"><i>work for 15 seconds, rest for 45 seconds - exercise changes every minute</i></p>
<ul style="list-style-type: none"> ● Jumping Jacks REST ● Lunges REST ● Sit-ups REST ● Push-ups REST ● Burpees END OF WORKOUT 	<ul style="list-style-type: none"> ● Hop in place (two feet) REST ● Line jumps REST ● Ski Jumps REST ● Jog in Place REST ● Jumping jacks REST ● Jog in place END OF WORKOUT

Name:

Class:

Directions: Perform each activity for 15 seconds, 30 seconds, and 1 minute. Rest a minute or two between each activity and time period. After each time period, measure your heart rate and record that number in the chart below. Then answer the questions.



Heart Rate Data Table			
Activity	15 seconds	30 seconds	1 minute
Sitting			
Walking In Place			
Jogging In Place			
Jumping Jacks			
Laying down			

REMEMBER: To find your heart rate, count your heartbeat for 6 seconds, then multiply that number by 10.

1. Which activity made your heart beat the fastest?
2. Which activity made your heart beat the slowest?
3. Which activity do you think is the healthiest for your heart? Why?