

## How to be Physically Active At Home

Hello everyone,

It is really important to stay physically active during our Long Distance Learning. Not only for our physical health, but our mental health as well. It helps you stay focused, less stressed, and makes us happier. I have attached a calendar I want you to fill out. You should be physically active for 60 minutes every day. You don't have to do all 60 minutes in a row. Just make sure throughout the day you are getting up, and doing something! Listed below are a bunch of different ideas you can do at home. If you realize you need to borrow some equipment, just ask your parent/guardian to email me and we can work something out. If you can, get outside and get some fresh air and some sun. If you can't get outside, there are a lot of activities listed below that you can do indoors. If you need anything, or are getting bored and need new ideas, don't hesitate to email me.

Talk to you all soon,

Ms. King

P.E. Teacher

email: [jking@cndo.org](mailto:jking@cndo.org)

**\*3<sup>rd</sup> - 8<sup>th</sup> graders** = I have attached your fitness tests standards. Tests are postponed until we get back. So KEEP PRACTICING! :)

### Balloon Activities

Can you keep the balloon off the ground? Try to reach these challenges?

- hit the balloon 10 times
- Hit the balloon 30 times
- Make up your own challenge number!
- Play Balloon Volleyball
- Play Balloon Kickball
- Play Balloon Soccer

### Plastic Cup activities

Cup Stacking: Create a tower or building using your plastic cups!

-Videos for Competitive Cup Stacking can be found on YouTube. Just type in:

[Episode 1 - Introduction - Learn To Stack](#)

[Episode 2 - Learn The 3-3-3 Stack](#)

[Episode 3 - Learn The 3-6-3 Stack](#)

[Episode 4 - Learn The Cycle Stack pt 1](#)

[Episode 5 - Learn The Cycle Stack pt 2](#)

### Juggling

Do you have scarves, bandanas, beanbags, or small juggling balls? Then try juggling! If you need a video to help you out, go to YouTube and type in: [How to Juggle for Kids](#)

**by Josh Hartman**

### Random activities with random equipment

- Jump rope
- Hula Hoop
- Basketball games: Around the World, H.O.R.S.E., and Knockout
- Soccer games: Soccer H.O.R.S.E, Shooting challenges, practice goalie stops
- Baseball/Softball: 3 Flies Up, Wiffle Ball, Pickle
- Ball Tag (outside) or Balloon Tag (inside)
- Paper Football

### No-Equipment Activities

\*Stretching! Stretch for 5-10 minutes during every brain break

- Tag games: Freeze Tag, Tunnel Tag, Cartoon Tag, Banana Tag, Sharks and Minnows, Shadow Tag
- Hide-and-Seek
- Duck Duck Goose

- What Time Is It?
- Mannequin
- Red Light Green Light
- Museum
- Simon Says
- Yoga or Pilates (videos online)

Ball Themed Activities (you can use balled up socks too)

- Monkey in the Middle
- S.P.U.D
- Catch: How many catches can you do in a row?  
Can you catch with one hand? Other hand?
- Bowling (with objects around the house)
- Tricks: create a trick with the ball.
- \*Don't forget to challenge yourself

Dance!

- Just Dance videos
- Dances from class:
  - Hokey Pokey
  - The Chicken Dance
  - Baby Shark - Pinkfong
  - Cha Cha Slide - Mr. C the Slide Man
  - Cupid Shuffle - Cupid
  - Macarena - Los Del Rio
  - The Hustle - Van McCoy
  - The Electric Slide - Electric Boogie
  - I'm Gonna Be (500 Miles)
  - Y.M.C.A.- Village People
  - The Git Up- Blanco Brown (create your own line dance to this song)

\*Create your own game!

## Ms. King's Workout # 1

<u>Exercise</u>	<u>Seconds</u>
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<u>1) Jumping Jacks</u>	- 30 seconds
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<u>2) Modified or regular push ups</u>	- 30 seconds
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\*20-second break

<u>3) Squats (sit in an imaginary chair)</u>	- 30 seconds
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<u>4) Leg Lifts</u>	- 30 seconds
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\*20-second break

<u>5) Quick Steps</u>	- 30 seconds
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<u>6) Shoulder Taps</u>	- 30 seconds
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\*20-second break

<u>7) Plank</u>	- 30 seconds
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<u>8) Lunges</u>	- 30 seconds
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\*Repeat 1 more time

## Ms. King's Workout # 2

<u>Exercise</u>	<u>Seconds</u>
<u>1) Ski Jumps (jump side to side)</u>	- 30 seconds
<u>2) Sit Ups or Crunches</u>	- 30 seconds
*20-second break	
<u>3) Wall Sits</u>	- 30 seconds
<u>4) Jog around or Jog in place</u>	- 30 seconds
*20-second break	
<u>5) Modified or regular push ups</u>	- 30 seconds
<u>6) Cherry Pickers</u>	- 30 seconds
*20-second break	
<u>7) Calf Raises</u>	- 30 seconds
<u>8) Stretch</u>	- 2 minutes

\*Repeat 2 more times

## Fitness

Create a 5-10 minute full body workout. Use the exercises I listed or other ones you know, to create your workout. Try to pick exercises from all sections so your whole body gets workout out.

<u>Exercise</u>	<u>Seconds</u>
_____	30 seconds
_____	30 seconds
*20-second break	
_____	30 seconds
_____	30 seconds
*20-second break	
_____	30 seconds
_____	30 seconds
*20-second break	
_____	30 seconds
_____	30 seconds
*Repeat 1 or 2 times	

### List of Exercises

#### **Cardio (makes your heart stronger)**

Jumping Jacks  
Quick steps  
Curb(or stair) ups  
Jump Rope  
Grapevine  
Rear Kicks  
High Knees  
Super Mario's  
Ski Jumps  
Jog in place  
Jogging or running  
Cherry Pickers

#### **Core (makes your stomach, sides, and/or back stronger)**

Sit-ups  
Crunches  
Leg Lifts  
6 inches  
Bicycles  
Plank  
Superman

#### **Upper Body (makes your arms, chest, shoulders, and/or upper back stronger)**

Push ups (wall, chair, knee, or regular)  
Strength bands or weights  
Pull Ups  
Shoulder Taps

#### **Lower Body (makes your quadriceps, hamstrings, glutes, and/or calves stronger)**

Squats  
Lunges  
Calf Raises  
Wall Sits  
Vertical Jumps

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Walk for 15 minutes	Random Activity for 15 min.	Wall Sits: 3 sets of 30 seconds	Catch a ball: 20 times IN A ROW	Push ups: 3 sets of _____
Catch a ball: 50 times	Finish one of Ms. King's workouts	Balloon activities for 15 minutes	Random Activity for 15 min.	Sit ups: 3 sets of _____
Sit ups: 3 sets of _____	Catch a ball: 50 times	<b>FREE SPACE</b>	3 <u>Just Dance</u> videos or 3 dances you learned from P.E.	Walk for 15 minutes
Random Activity for 15 min.	3 <u>Just Dance</u> videos or 3 dances you learned from P.E.	Catch a ball: 20 times IN A ROW	Wall Sits: 3 sets of 30 seconds	Balloon activities for 15 minutes
Balloon activities for 15 minutes	Jumping Jacks: 2 sets of 25	Push ups: 3 sets of _____	Finish one of Ms. King's workouts	Random Activity for 15 min.

Play BINGO by doing different activities. Once you do the activity, color the box. Once you get BINGO try to get a BLACKOUT (Blackout is when all boxes are colored)

# PRESIDENTIAL PHYSICAL FITNESS TESTS = 3<sup>rd</sup> - 5<sup>th</sup> Grade

## National Physical Fitness Award Qualifying Standards (50th Percentile)

### BOYS

Age	Push ups	Sit ups (1 minute)	Timed Run	Sit & Reach (cm.)	Trunk Lift (inches)
8	9	31	½ Mile: 4:22	25	6-12
9	12	32	Mile: 10:15	25	6-12
10	14	35	Mile: 9:48	25	9-12
11	15	37	Mile: 9:20	25	9-12

### GIRLS

Age	Push ups	Sit ups (1 minute)	Timed Run	Sit & Reach (cm.)	Trunk Lift (inches)
8	9	29	½ Mile: 4:56	28	6-12
9	12	30	Mile: 11:40	28	6-12
10	13	30	Mile: 11:22	28	9-12
11	11	32	Mile: 11:17	29	9-12

## Presidential Physical Fitness Award Qualifying Standards (85th Percentile)

### BOYS

Age	Push ups	Sit ups (1 minute)	Timed Run	Sit & Reach (cm.)	Trunk Lift (inches)
8	17	40	½ Mile: 3:30	31	6-12
9	18	41	Mile: 8:24	31	6-12
10	22	45	Mile: 7:57	30	9-12
11	27	47	Mile: 7:32	31	9-12

### GIRLS

Age	Push ups	Sit ups (1 minute)	Timed Run	Sit & Reach (cm.)	Trunk Lift (inches)
8	17	38	½ Mile: 3:58	33	6-12
9	18	39	Mile: 9:51	33	6-12
10	20	40	Mile: 9:19	33	9-12
11	19	42	Mile: 9:02	34	9-12



## PRESIDENTIAL PHYSICAL FITNESS TESTS = 6<sup>th</sup> - 8<sup>th</sup> Grade

### BOYS - National Physical Fitness Award Qualifying Standards (50th Percentile)

Age	Push ups	Sit ups (1 minute)	Timed Run	Sit & Reach	Trunk Lift
11	15	37	Mile: 9:20	25	9-12
12	18	40	Mile: 8:40	26	9-12
13	24	42	Mile: 8:06	26	9-12
14	24	45	Mile: 7:44	28	9-12

### GIRLS - National Physical Fitness Award Qualifying Standards (50th Percentile)

Age	Push ups	Sit ups (1 minute)	Timed Run	Sit & Reach	Trunk Lift
11	11	32	Mile: 11:17	29	9-12
12	10	35	Mile: 11:05	30	9-12
13	11	37	Mile: 10:23	31	9-12
14	10	37	Mile: 10:06	33	9-12

### BOYS - Presidential Physical Fitness Award Qualifying Standards (85th Percentile)

Age	Push ups	Sit ups (1 minute)	Timed Run	Sit & Reach	Trunk Lift
11	27	47	Mile: 7:32	31	9-12
12	31	50	Mile: 7:11	31	9-12
13	39	53	Mile: 6:50	33	9-12
14	40	56	Mile: 6:26	36	9-12

Age	Push ups	Sit ups (1 minute)	Timed Run	Sit & Reach	Trunk Lift
11	19	42	Mile: 9:02	34	9-12
12	20	45	Mile: 8:23	36	9-12
13	21	46	Mile: 8:13	38	9-12
14	20	47	Mile: 7:59	40	9-12