Norton Park Physical Education Week 5 (April 20-April 24, 2020)

Grades 3-5

As we enter another week of digital learning, remember it is very important to stay active. In fact, staying active is one of the best ways to boost your immune system and maintain overall health. This week I have included more exercise videos that you can complete at home. You will also find an exercise log for you to keep track of your progress. I have also included some online resources, and at home exercise ideas for you to stay active during this quarantine.

At Home Exercise Videos:

<https://youtu.be/McD6_oOWs-M> Fitness Blender (25 min)

<https://youtu.be/_97QFX3w1E4> Workout Hotel (11 min)

<https://youtu.be/lc1Ag9m7XQo> Kids Workout 2 (30 min)

<https://youtu.be/L_A_HjHZxfI> Kids Workout 1 (16min)

<https://youtu.be/dhCM0C6GnrY> Jumping Jax Gym (25 min)

https://youtu.be/5if4cjO5nxo Pop Sugar (13 min)

<https://youtu.be/WmGjxU3Ggko> NateBower Fitness (20 min)

<https://youtu.be/EkuRPJ8rMZI> Cincinnati Children’s Hospital (7 min)

**Online Resources**

Adventure to Fitness ([www.adventuretofitness.com](http://www.adventuretofitness.com/)) is a FREE web based program that leads the students through a variety of active scenarios. The bonus is that the scenes tie directly to the Core Curriculum. You have to register, but it is free. They also have shorter episodes this year so it can be used in shorter bursts during the day.

· GoNoodle (www.gonoodle.com) is another resource the state of Georgia is pushing this year. Again, it is FREE. There are some academic tie ins with their episodes.

· <http://www.movetolearnms.org/how-do-i-do-it/> Move to Learn – Has 5 minute movement activities that students can do at home.

· <http://jr.brainpop.com/health/bewell/exercise/Search> for four different lessons on Exercise, Heart, Muscles, and Bones lessons. Explore Health lessons that include videos, activities, and quizzes on a variety of health-related topics.

**Other ways to stay active at home:**

-Clean your room

-Walk the dog

-Push-ups/ Jumping Jacks/ sit-ups/squats/planks/step lunges/ bicycle kicks/arm circles

-Jump rope

-Ride your bike

-make an obstacle course

-Dance Party!

**2-Week Physical Activity Log**

Use this activity log to track your physical activity minutes for 2 weeks.

Have an adult sign their initials next to each day that you complete 30 minutes. Any activity can count toward your 30 minute per day goal. If you don’t have access to a printer, you can write it on a piece of paper.

**Week 1:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Sample Day** | Active Outside  30 Mins | Walk with Family  15 Mins | Dance Challenge  15 minutes | 60 minutes |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |

**Week 2:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |