

Ward Physical Education
May 11-15

Keep those bodies moving. Exercise is good for your body, your mind and can be a lot of fun. Start by warming up: it helps prepare the body for more intense and challenging activities with less chance of getting hurt. Warming up does 3 things: Raises the heart rate, warms the muscles and lubricates the joints.

Take this pattern or sequence and do each activity for 15 to 20 seconds.

- A. March in place
- B. Jog in place
- C. Jumping jacks
- D. Jump front to back

Keep repeating the pattern A to D for about 5-7 minutes or come up with your own warm up routine like dancing. Invite other family members to join you.

Be sure an adult is watching you at all times

CONNECT IT: I want you to connect (touching) the following body parts to each other while standing, sitting or laying down. Come up with your own and challenge other family members.

1. 2 hands, 2 feet
2. 2 pinkies, chin, shoulder
3. Ankle, elbow
4. Foot, knee, elbow
5. Thumb, toe, knee
6. Head, elbow, knee
7. 2 pinkies, knee, ankle
8. Thumb, knee, elbow
9. 2 knees, shoulder
10. Foot, head
11. Head, shoulder, pinkies
12. Head, hands, knees
13. Shoulder, head, 2 thumbs
14. Elbow, pinky, thumb. Belly button
15. Arm pit, thumb, knee
16. 2 feet, head
17. 2 hands, 2 feet, behind the body

What do you think are the advantages or benefits of the 3 things below?
Which is more helpful?

1. Flexibility
2. Muscular strength
3. Muscular endurance

This week would also be a good time to do:

1. the 2 minute push up challenge again
2. The 3 minute run from point A to B and back as many times as possible **New**
3. Vertical Jump: standing next to a wall have an adult see how high you jump up

Alphabet: Using your body, can you write all the letters A to Z? Do it both standing and laying down. Make bigger letters by inviting other family members to join you.

Review: don't forget the things you learned over the years like: skipping, galloping, jumping, hopping, leaping, sliding, walking and running. Do some of them whenever possible.

ALSO

Throwing and Catching: inside or out, with a ball or a sock...Practice, practice, practice

Younger students can also take this time to learn to tie their shoelaces. Read about it or look it up on the computer

Take time to read. Reading is like sports, the more you do it the better you get at it and the more you want to do. Reading is also a great way to discover other places and learn about other people...practice, practice, practice

Be sure an adult is watching you at all times

The goal for the week is for everyone to move at least an hour a day in a safe manner that is respectable to those around you. Also, go back to previous weeks and find activities you enjoyed and do them again.

“It’s a good day to have a good day”

The Best!