

PHYSICAL EDUCATION NEWSLETTER

APRIL 27TH – MAY 1ST

Stay Safe!

Stay Active!

Stay Healthy!



Yoga Poses:

Yoga Time!



5 minute morning yoga

Yoga with Adriene

<https://www.youtube.com/watch?v=4C-gxOE0j7s&list=PLui6Eyny-UzwiUzvhM2BjxThodiRWZ2JR&index=1>

Fitness Activity:

WELCOME TO FITNESSLAND!

How this game works:



You need one die, 1-3 friends to play against, and one small object (a bean, coin, piece of paper) to mark your position. Roll the die and move your piece according to the number of dots you got. Do the challenge in the box you landed on. Take turns with your friend. The player that gets to the FINISH! box first WINS!

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Start	1 Do 30 Jumping Jacks Cardiovascular	2 Do 10 push-ups Arm strength	3 Give a compliment to your opponent.	4 Do 10 squats Leg strength	5 Oh! Sorry, but sugar has slowed you down. Go back 2 spots.
11 Twist from left to right 20 times. Flexibility	10 Jump up and down 30 times. Cardiovascular	9 Stretch your hamstrings for 20 seconds. Keep legs straight and touch your toes. Flexibility	8 Tree Pose for 20 seconds. Flexibility, relaxation	7 Run in place as fast you can for 30 seconds. Speed, cardiovascular	6 Tell your opponents your 3 favorite fruits and 3 food groups. Nutrition
12 Do 10 frog hops Cardiovascular	13 Do side to side stretches for 20 seconds Flexibility	14 Do high knees for 20 seconds Cardiovascular	15 Triangle pose for 20 seconds Flexibility, relaxation	16 Do 5 jump squats	17 Oh, no! Not enough exercising has made you weak. Go back 2 spots.
23 Warriors pose for 20 seconds. Flexibility, relaxation	22 Do Superman for 20 seconds Flexibility	21 Sing your favorite song for 30 seconds.	20 Do 10 lunges Leg strength	19 Do 5 crunches Abdominal strength	18 Balance on toes, with one foot, one hand on head, and one hand on nose for 15 seconds.
24 You skipped your breakfast and have no energy. Go back 3 spots.	25 Do 5 burpees. Cardiovascular	26 Smile, showing your teeth 5 times to your opponent.	27 Do 10 mountain climbers Leg Strength	28 V-Sit for 10 seconds Core strength	29 Do bum kickers for 30 seconds Cardiovascular
35 Downward dog pose for 20 seconds. Flexibility, relaxation	34 Dance, moving arms and legs for 30 seconds. Aerobic	33 RPS your opponent, winner gets an extra turn.	32 Do 30 mountain climbers Cardiovascular	31 10 toe touches from a standing position Flexibility	30 Sit on floor with arms crossed, and get up and down 10 times Balance
36 Do planks for 30 seconds Abdominal strength	37 Do 30 line Jumps Cardiovascular	38 Butterfly stretch for 20 seconds Flexibility	39 You didn't take your vitamins and now you're tired. Take a 30 second nap.	40 Robot Dance for 30 seconds Flexibility	Finish!

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Fitness Scavenger Hunt

Directions: Ask a parent or older sibling to go on a 15 minute walk with you or better yet get your whole family to go! During this scavenger hunt there will be items you need to locate and perform an exercise for each item (see the list below). How many of each exercise did you have to do? Bring a pencil and paper to record your hunt!

When you see a(n).....	Do.....	How many did you do?
Stop sign	5 jumping jacks	
Blue car	3 squats	
Someone riding a bike	Run in place for 20 seconds	
Bird	4 arm circles	
Open garage door	4 burpees	
A license plate that has an A	6 jumping jacks	
Dog	2 push ups	
Fire hydrant	15 second plank	
Someone out for walk	4 bum kickers	
WELCOME sign	8 high knees	
Porch with a chair	4 squats	
Basketball Net	Shoot your imaginary basketball into the net 4 times!	
House with the #5 in the house number	5 burpees	
Plant in a window	3 star jumps	



I hope that all of you are well. I miss seeing you. Stay Safe, Stay Active, and Stay Healthy!!