

## Welcome to Physical Education at Home

Your goal is to get your heart rate up & have fun with fitness while at home. Below are activities you can perform at home by yourself or with your family. Feel free to modify or change the activities to meet your family needs. 60 minutes of moderate to vigorous activity is recommended for children - activity can be all at once or spread out through the day.

\*\*If you run out of ideas or need clarification, feel free to contact your P.E. teacher!

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**#1 Bingo Exercise:** Do each box for 1 minute. Have fun!

- Complete 6 in a row horizontal:
- Complete 5 in a row vertical:
- Complete 5 in a row diagonal:
- Blackout

Walk	Run	Skip	Gallop	Slide	Bear Crawl
Crab Walk	Frog Jump	Jump (2 feet)	Hop (right foot)	Hop (left foot)	High Knees
Jumping Jacks	Plank Jacks	Ski Jumps (side to side, feet together)	Sit-ups	Push-ups	Burpees
Squats	Wall Sit	Plank	Stand, keep legs straight and try and touch your toes without bending your knees	Butterfly stretch	Walk in a zigzag path
Skip in a S shape path	Toss a ball yourself	Bounce a ball	Toss, bounce catch	Toe Taps on a ball	Your choice

## Create your own Bingo Workout Sheet- Get funky with your movements!


### **#2 Obstacle course**

Create an obstacle course inside or outside using objects you find around the house.

Ask parents for permission on what to use.

Examples: crawl over 1 chair, crawl under the next, toss 5 stuffed animals into a basket, bear crawl around the couch, jump up the stairs, zig zag around toys, socks, boxes etc.

Be creative, there are no limits.

- Time how fast you can go through it.

### **#3 Critter Toss**

Create Critter Toss using supplies around the house. Use stuffed animals for critters, laundry baskets or buckets for the goal. For the spots use hand towels, paper plates, pot holders or sheets of paper. Be creative with supplies and level of difficulty of shots. For example shoot from behind the couch, or up/down the stairs, around the corner, off the wall etc.

### **#4 ABC Spelling & Exercise Challenge**

Spell a word or phrase and then use the exercise decoder for your workout.

Spell your first, middle and last name.

Write down which words you choose:

- 1.
- 2.
- 3.
- 4.

#### **EXERCISE DECODER**

**A - 8 spin jumps**

**B - 10 squats**

**C - 8 push-ups**

**D - 12 Jumping Jacks**

**E - 10 Second plank**

**F - 10 Sit-ups**

**G - 15 backward arm circles**

**H - 5 Frog Jumps**

**I - 10 Knee to elbow**

**J - 10 hops on your left foot**

**K - 10 hops on your right foot**

**L - Crab walk around a chair**

**M - 7 Burpees**

**N - 10 Jumping Jacks**

**O - 8 second plank hold**

**P - 9 sit- ups**

**Q - 10 Frog Jumps**

**R - 5 Push-ups**

**S - 15 jumps in place**

**T - 10 Knee to elbow**

**U - Bear crawl around furniture**

**V - 10 Squats**

**W - 15 backward arm circles**

**X - 5 Burpees**

**Y - 15 second wall sit**

**Z - 10 hops on each foot**

## **#5 Throwing and Catching: Use a ball or anything you can throw (safely)!**

Put a check mark next to each one you complete

\_\_\_\_\_ Throw and catch a ball 50 times to yourself.

\_\_\_\_\_ Throw underhand to a family member 50 times.

\_\_\_\_\_ Catch a underhand throw from a family member 50 times

\_\_\_\_\_ Throw overhand to a family member 50 times

\_\_\_\_\_ Catch a overhand throw to a family member 50 times

\_\_\_\_\_ If you have a ball that can bounce, bounce and catch 50 times

\_\_\_\_\_ Bounce the ball to a family member and have them catch it and bounce back to you 50 times.

## **#6 Dance Party!**

\*\* If you don't have internet access, make up your own dances while listening to the radio!

### **The Git Up**

Music Video - <https://www.youtube.com/watch?v=DT4kQIM5xuE>

Instructions - <https://www.youtube.com/watch?v=WbvqiBp7n50>

### **Whip and Nae Nae**

Instructions - <https://www.youtube.com/watch?v=fI8PDrrTU4M>

Music Video - <https://www.youtube.com/watch?v=vjW8wmF5VWc>

### **Cupid Shuffle**

Instructions - [https://www.youtube.com/watch?v=5\\_srg-18Fz0](https://www.youtube.com/watch?v=5_srg-18Fz0)

Music Video - <https://www.youtube.com/watch?v=-0Zv-Y912kM>

**Casper Slide** - <https://www.youtube.com/watch?v=wZv62ShoStY>

**Macarena** - <https://www.youtube.com/watch?v=OzV63IRR8BQ>

**Chicken Dance** - <https://www.youtube.com/watch?v=Nt81gzlAt18>

**We Will Rock You** - <https://www.youtube.com/watch?v=-tJYN-eG1zk>

**Baby Shark** - <https://www.youtube.com/watch?v=FX20kcp7j5c>

## **#7 Card Work-Out**

All you need is a deck of playing cards!

Shuffle the deck

Place face down

Draw random card

Use the suit and number on the card for exercise and duration

- J, Q, K = 10 reps

Example:

Jack of Clubs = 10 jumping jacks

Hearts - Lunges - Walking or standing

Diamonds - Hold Bridge or Table Pose

Spades - Big Spin Jump - Land like a cat.

Clubs - Jumping Jacks

Jokers - Run outside around the house 3 times.

Aces (All suits) - Hold 30 sec plank - 2 hands, 1 hand, or elbows

## **Online Resources**

Cosmic Kids Yoga - [https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)

Go Noodle website - <https://www.gonoodle.com/>

P.E. Website <https://openphysed.org/activeschools/activehome>

## Settling Conflicts

- Rock, Paper, Scissors - who goes first and settling ties
- Or if you need to talk it out use the Conflict Corner

# Conflict Corner

- 1.) Hands out – palms up 

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- 2.) Explain the problem 

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- 3.) Listen to each other 

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- 4.) Brainstorm a solution together 

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- 5.) Shake hands 

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- 6.) Give a compliment 

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**Communicate Clearly!** 