

PE at HOME for the week of April 20-24

WE WANT TO HELP YOU STAY PHYSICALLY ACTIVE AND HEALTHY WHILE OUR SCHOOLS ARE OUT. THE GOAL IS TO HAVE AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY EACH DAY. REMEMBER, ACTIVITY TIME DOESN'T HAVE TO HAPPEN ALL AT ONCE. REPEAT AS MANY TIMES AS YOU CAN THROUGHOUT THE WEEK. 😊

Daily Workout



Repeat

PreK-Kindergarten- 2 times

1st Grade- 3 times

2nd Grade- 4 times

3rd Grade- 5 times

4th Grade- 6 times

5th & 6th Grade- 7 times

SKILL FOCUS: Jumping

Use a jump rope or pretend using same hand turns

Activity Procedures: (5-10 minutes)

1. Begin by warming up with a single or double bounce trick with your jump rope. Remember to turn the rope, and then jump!
2. See how many times you can jump over the rope without stopping. 10 times? 20 times?
3. Now try to see how many times you can jump rope performing other jump rope tricks like backwards, skier, bell, crisscross or hopscotch.

Grade Level Progression: (10-15 minutes)

PreK- K: Students first try tricks with the rope stretched out flat on the ground. After practicing, try new tricks with the turn and jump!

1st- 2nd: Start with a slow steady single-bounce forward; then speed up as fast as you can. This trick is called hot peppers!

3rd- 4th: Ask a family member if he/she remembers a jump rope rhyme from their childhood. Practice new tricks to the rhymes.

5th-6th: Create a routine using 5 or more jump rope tricks. Use music or chants with your routine.

Add partner or long rope tricks if you have the equipment available!

- If you do not have equipment, that's okay; you can do an activity on the Activity Calendar on back. If it's safe outside and you have adult permission, try playing music and having a dance party, jump on your trampoline, jump rope, ride your bike, scooter, or other play equipment, play in your yard, take a walk with your family, run through the water sprinkler, or hopscotch. Or, you can help your family by doing a chore that lasts at least 10 minutes, such as vacuuming, sweeping, or mopping.

THE GOAL IS TO MOVE YOUR BODY!

Weekly Challenge: Jump Rope for 2 Minutes!

Day 1: Jump Rope for 30 seconds without stopping

Day 2: Jump Rope for 60 Seconds without stopping

Day 3: Jump Rope for 1 minute 30 Seconds without stopping

Day 4: Jump Rope for 2 minutes without stopping

Day 5: See how long you can Jump Rope without stopping!