

Soccer Croquet

ACTIVITY GOALS

- I will demonstrate ball control and accuracy while working cooperatively with my friends.

TEACHING TIPS

- Soft Touches Keep Control
- Use All of Your Foot
- Head Up on the Dribble

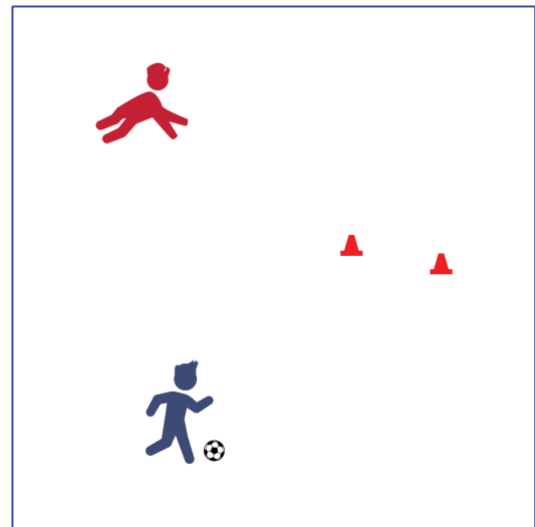
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 soccer ball
- 2 cones or markers

Set-Up:

- Determine a starting point. Place the soccer ball there.
- Place 2 cones (spaced 2–3 feet apart) approximately 10–20 paces away from the starting point.
- 1 player assumes a crab position anywhere in the activity area, but not near the cones.



Activity Procedures:

- It's time to play Soccer Croquet! The object of the game is to see how many hits it takes you to pass the soccer ball through the wickets.
- Player 1 will begin at the starting point. Count how many passes it takes you to pass the ball through the 2 cones (the first wicket).
- Then, keep counting and see how many more passes it takes you to pass the ball under the player making a crab pose (the second wicket).
- Switch roles (someone else becomes the wicket) and play again. The player with the lowest score wins that round!

Tips:

- Use the inside of your foot to pass the ball. This will improve your accuracy. Vary the distance in between the wickets to increase or decrease the difficulty.
- Change your crab pose to another position that supports muscular endurance (plank, squat, etc.).

- Balance It Out:** Muscular fitness is only 1 aspect of balanced wellness. We also need to make sure that we are eating a healthy, well-balanced diet. This includes counting the number of sugar-sweetened beverages you drink each day. Just like in Soccer Croquet, the lowest score wins. Aim for a score of zero whenever possible!

PHYSICAL EDUCATION HOMEWORK

Name _____ Room # _____

Directions: Ask a parent or an older friend to blow up and tie a large round balloon for you. Then see if you can do the fun tasks below. Use the "Helpful Hints" to help you do your best! After you've finished each task, color in the happy face.



1. **Toss a balloon into the air and keep it off the ground by hitting it with your hand.**

Helpful Hint: Bend your knees when you hit the balloon.

Helpful Hint: Get underneath the balloon when you hit it.



2. **Hit the balloon back and forth from one hand to the other.**

Helpful Hint: Keep your eyes on the balloon!



3. **Repeatedly hit the balloon high into the air and keep it from hitting the floor by striking it with the opposite hand each time.**

Helpful Hint: Use the palm of your hand to hit the balloon.



4. **Hit the balloon back and forth with a parent or friend.
If you can, use different body parts like your arm, head, elbow, or knee to hit the balloon!**



5. **Hit the balloon into the air with a tennis paddle.**



6. **Use a tennis paddle to hit the balloon back and forth with your friend.**



Workout Routine

- Every 1 Kill - 2 Pushups
- Every 5 Kills - 10 Second Wall Sit
- Die to a trap - 15 Squats
- Die with 0 kills - 15 Situps
- Die without a weapon - 10 Pushups
- Die to the storm - 20 Jumping Jacks
- Find a Supply Drop - 15 Leg Raises
- Find a Loot Llama - 2x 20 Second Side Plank
- Killer uses an emote - 10 Burpees
- Epic+ pistol as first weapon - 5 V-Ups
- Running out of mats in a fight - 20 High Knees
- Opponent doesn't build during fight - 10 Lunges
- Chest drops 0 weapons - 15 Mountain Climbers
- Last opponent is hiding in a bush - 25 Butt Kicks
- >50 people left before 1st circle ends - 25 High Knees
- Circle ends on Tilted Towers - 2x 15 Standing Calf Raises
- Top 10 - 15 Crunches
- Top 5 - 20 Scissor Kicks
- 2nd place - 20 Heel Touches
- Winning - 10 Pushups, 15 Situps, 15 Squats

Secret Code—Fitness

Name _____ Class _____

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

Match the letters with the numbers. Write the letter in the space.

You can 10 21 13 16 18 15 16 5 , 2 9 11 5 ,
18 21 14 , and 23 1 12 11 6 1 19 20 to help keep your
8 5 1 18 20 strong and healthy!

Your 13 21 19 3 12 5 19 get 19 20 18 15 14 7 5 18
when you 13 15 22 5 , 16 12 1 5 and
5 24 5 18 3 9 19 5 .

Your 13 21 19 3 12 5 19 feel 7 15 15 4 when
you 19 20 18 5 20 3 8 and 13 15 22 5 them!

May Wellness Homework

Improve your fitness!

Name _____ Teacher _____

Dates _____ **Daily Activities** _____

	<u>Parent</u>	<u>Student</u>	
1	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 crunches or hookline sit-ups
2	<input type="checkbox"/>	<input type="checkbox"/>	Do 50 jumping jacks
3	<input type="checkbox"/>	<input type="checkbox"/>	Read a sports article in a newspaper or book
4	<input type="checkbox"/>	<input type="checkbox"/>	Seal walk around a room for two minutes
5	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 slow, perfect push-ups
6	<input type="checkbox"/>	<input type="checkbox"/>	Help one of your parents do a chore
7	<input type="checkbox"/>	<input type="checkbox"/>	Skip on the sidewalk two long blocks
8	<input type="checkbox"/>	<input type="checkbox"/>	Walk up and down a flight of steps - 10 times (Be careful)
9	<input type="checkbox"/>	<input type="checkbox"/>	Crab walk around a room for two minutes
10	<input type="checkbox"/>	<input type="checkbox"/>	Jump rope for three minutes
11	<input type="checkbox"/>	<input type="checkbox"/>	Do 20 book curls with each arm (biceps)-No Magazines!
12	<input type="checkbox"/>	<input type="checkbox"/>	Take your pet for a LONG walk - or walk with a friend
13	<input type="checkbox"/>	<input type="checkbox"/>	BREAK DAY - Watch a television sporting event
14	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 toe touchers
15	<input type="checkbox"/>	<input type="checkbox"/>	Read a short story about a sport or any exercise
16	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 crunches or hookline sit-ups
17	<input type="checkbox"/>	<input type="checkbox"/>	Do 50 jumping jacks
18	<input type="checkbox"/>	<input type="checkbox"/>	Walk up and down a flight of steps - 10 times (Be careful)
19	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 half squats
20	<input type="checkbox"/>	<input type="checkbox"/>	Help dry the dinner dishes (I do mean dry)
21	<input type="checkbox"/>	<input type="checkbox"/>	Hop, in place, on one foot, for two minutes
22	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 slow, perfect push-ups
23	<input type="checkbox"/>	<input type="checkbox"/>	Read a sports article in a newspaper or book
24	<input type="checkbox"/>	<input type="checkbox"/>	Jump rope for three minutes
25	<input type="checkbox"/>	<input type="checkbox"/>	Help a friend learn a new sport's skill
26	<input type="checkbox"/>	<input type="checkbox"/>	Do 20 book curls with each arm (biceps)-No Magazines!
27	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 crunches or hookline sit-ups
28	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 toe touchers

Students (and parents) receive one point for each daily activity and each extra credit activity.

1. Add up all the day's you completed an exercise homework. *Number of days* _____
 2. Add up all the day's your parent exercised with you. *Number of days* _____
 3. EXTRA CREDIT *Extra Credit* _____
- Now add up the three lines (from above) *Total Points* _____

- ☛ If you have 25 total points, you have earned a "Fitness Fanatic" certificate.
- ☛ If you and your parent have earned more than 40 points, you two have earned a "Fitness Fanatic" certificate.

I viewed or participated while the wellness homework was fulfilled.

Parent's Signature _____

DECK OF FITNESS

ACTIVITY GOALS

- I will perform exercises with perfect form and at a safe speed.

TEACHING TIPS

- Use Proper Form
- Pace Your Movement
- Have Fun!

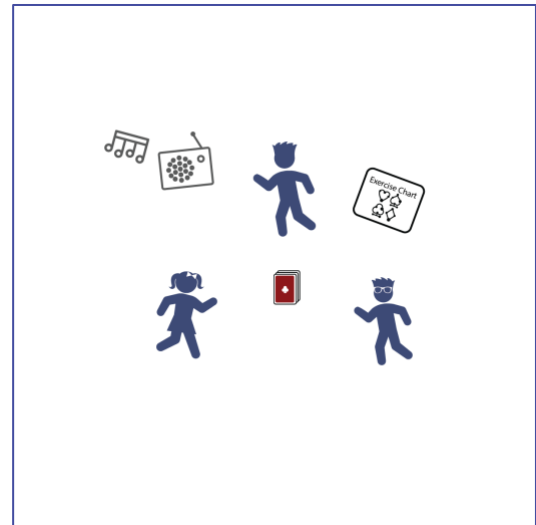
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of cards
- Fun music and music player

Set-Up:

- Shuffle and place the deck of cards face down where everyone can reach it.
- Create an exercise chart using the list shown under the “Tips” section below. (It’s okay to modify your chart using different exercises.)



Activity Procedures:

- Today’s friendly competition is Deck of Fitness. The object of the game is to do as many repetitions as you can of each exercise.
- When you draw a card, you’ll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
- Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.
- In round 1, you and your friends will play together and select 1 card for everyone to perform. In round 2, you can compete: Everyone will choose their own card and complete their own repetitions/exercises.

Tips:

- Make sure you pace your activity safely. Don’t give up form for the sake of speed.
- Be sure you have enough activity space for safe movement.
- Follow this format, or create your own:
 - Hearts = Jumping Jacks
 - Clubs = Push-Ups
 - Diamonds = Invisible Jump Rope Jumps
 - Spades = Squats

- Hydration Station:** Be sure to stay hydrated before, during, and after exercising. Water has zero calories and is the best way to stay hydrated!

MISSION POSSIBLE

TASK SHEET

COMPLETE	MISSIONS
	DO 8 SIT-UPS IN EACH CORNER OF THE ROOM.
	SKIP ONE LAP AROUND THE ROOM.
	DO 12 JUMPING JACKS.
	TOUCH ALL 4 WALLS OF THE ROOM.
	HOP ON ONE FOOT FROM ONE END OF THE ROOM TO THE OTHER.
	DO 15 PRETEND BASKETBALL SHOTS. NOTHING BUT NET!
	CRAB WALK AND TOUCH 3 CHAIRS
	JOG ON THE SPOT AND SING "ROW, ROW, ROW YOUR BOAT".
	PRETEND TO JUMP ROPE FOR 1 MINUTE.
	DO A WALL PUSH-UP ON EACH WALL IN THE ROOM.
	DO ANY DANCE MOVE FOR 30 SECONDS.
	COMPLETE 20 BUNNY HOPS.
	GRAPEVINE OR SHUFFLE ACROSS THE ROOM AND BACK 2 TIMES.

COMPLETE THESE TASKS ALONE OR DO MISSIONS TOGETHER AS A TEAM.

COMPLETE THE MISSIONS IN ANY ORDER.

WHEN YOU ARE DONE WITH THE MISSIONS, DO A STAR JUMP AND YELL "MISSION ACCOMPLISHED!"

SLAM BALL

ACTIVITY GOALS

- I will demonstrate fair play and cooperation with others.

TEACHING TIPS

- Aim for Target
- Move to Ball
- Soft Hands to Catch

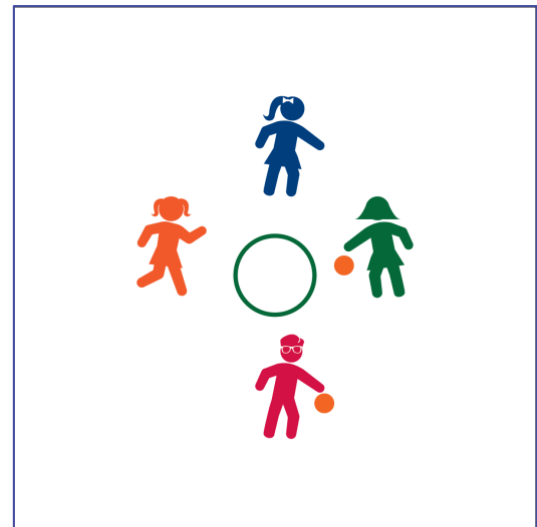
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 hoop per 2 (or 4) players (or chalk circle on a sidewalk or driveway)
- 1 ball per 2 players (A playground ball or a tennis ball will work. Really, any ball that bounces and can be caught safely.)

Set-Up:

- 2 players stand on opposite sides of a hoop, at least 1 step away.
- If sharing a hoop, 2 other players can stand perpendicular at the same hoop.
- 1 player starts holding the ball.



Activity Procedures:

- It's time to play Slam Ball. The object of the game is to successfully catch the ball after it bounces in the hoop or chalk circle.
- To start the game, the 1st player throws the ball into the hoop. The 2nd player attempts to catch it.
- Scoring:
 - Ball does not hit inside the hoop (point for receiving player)
 - Ball hits inside the hoop, but does not bounce at least 1 step away from hoop (point for receiving player)
 - Ball hits inside the hoop and bounces over the head of the receiver (point for receiving player)
 - Ball is not successfully caught by receiving player (point for serving player)
- If 4 players are sharing a hoop and the 2 balls collide, this is a "slam," and the 2 players who threw the balls switch opponents.

Tips:

- Start with a cooperative version of Slam Ball. How many throws and catches can you make in a row?
- Ready for competition? Get an edge by throwing the ball so that it bounces out of the hoop with different trajectories.

- FACT:** Slam ball is fun, but slamming your food isn't! Everyone can benefit from slowing down a little while they eat. It takes 20 minutes from the time you start to eat for your brain to tell you that you're full. Eating too quickly can lead to overeating and other digestive problems. So, slow down and enjoy your food!

THE DANCE PARTY

ACTIVITY GOALS

- I will demonstrate cooperation and positive communication while creating a group dance.

ACTIVITY SET-UP & PROCEDURE

Equipment:

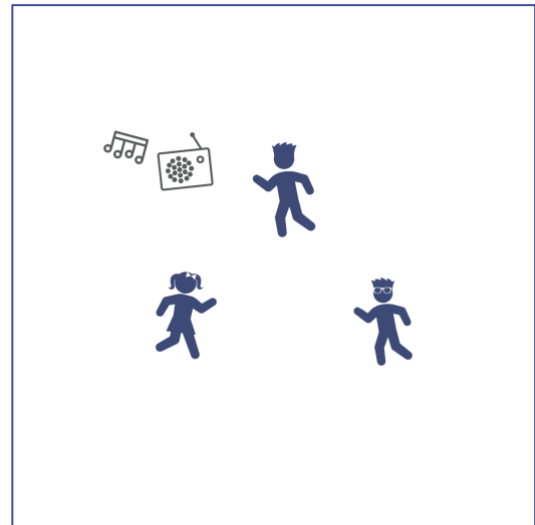
- Dance Cards
- Upbeat, fun music and music player

Set-Up:

- Create a safe space large enough to dance with friends.
- Get your music ready!

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First



Activity Procedures:

- It's time for a dance party!!! You're going to make this party ROCK by creating your very own dance.
- You'll create a dance for 8 counts (beats) using the Dance Card to give you movement ideas.
- Now it's time to practice! Start the music and let everyone perform their dance moves at the same time!
- Then, let's put our moves together. First, your friend will perform her/his dance for 8 counts. Next, you'll take a turn and perform yours. Continue through all of your friends' moves.
- Next, teach each other your dance moves, put them in a sequence and then complete the entire dance all together! Keep the music pumping and dance!

Tips:

- Practice counting 8 beats by clapping and counting to aloud to the music. Next, jump up and down while counting aloud to the music. Finally, jump up and down for 8 counts, clap for 8 counts, and then repeat until everyone understands how to count 8 beats of music.

EATING
HEALTHY
101

- Healthy Lifestyle:** Remember to eat at least 5 portions of fruit and veggies every day! It's easier than it sounds. Why not slice some banana over your breakfast cereal or reach for a piece of fresh fruit for your mid-morning snack?! Keep in mind, unsweetened 100% fruit juice, vegetable juice, and smoothies can only count as 1 of your 5 servings each day. For example, if you have 2 glasses of fruit juice and a glass of vegetable juice, that still only counts as 1 serving of fruit and veggies. Limit the amount of juice you drink; eat fresh fruits and drink water instead.

DANCE PARTY CARDS

**Robot
Dance**

**Basketball
Dance**

**Football
End Zone
Dance**

**Superhero
Dance**

**Grasshopper
Dance**

**Soccer
Dance**

**Tiptoe
Dance**

**Super Cardio
Dance**

PARACHUTE PASS

ACTIVITY GOALS

- I will demonstrate cooperation with teammates in order to master difficult challenges.

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First

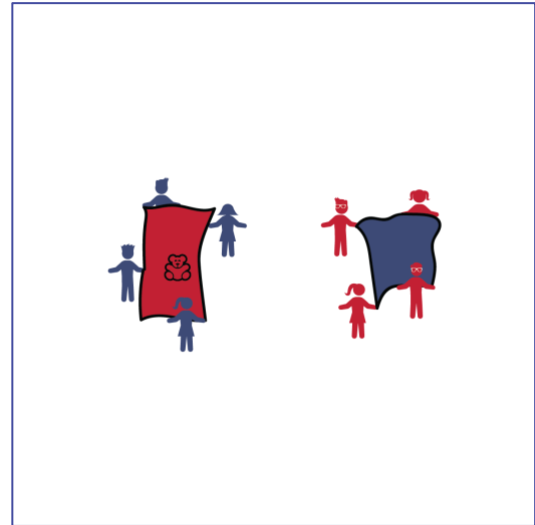
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 mini-parachute, large towel, or small tarp per group of 3–5 players
- 1 medium-sized tossable object (ball, stuffed animal, etc.) per 2 groups of 3–5 players

Set-Up:

- Group players (3-5 per group), each with a mini parachute/large towel.
- 2 groups will work together as 1 team during this challenge. They will start across from each other, about 8 feet apart.
- 1 of the groups starts with the tossable object on their mini parachute/towel.



Activity Procedures:

- It's time to play Parachute Pass! Let's work together to pass the object safely back and forth.
- On the start signal, the group that has the object on their parachute will try to send it through the air in the direction of their teammates in the other group, who will try to catch it on their parachute. If a catch is made, the entire team gets a point...no catch, no point.
- Switch roles so the catching group now tosses and vice versa.
- Once a team accumulates a total of 5 points, 1 of the groups move back 2 giant steps, increasing the distance between the groups. Continue this pattern.

Tips:

- Create additional challenges by trying to pass objects that fly differently through the air. Then try multiple objects at the same time.

- Keep Tossing:** You know what's great about tossed salad? You can toss in all of the veggies and fruit that you like! Try tossing apples or mandarin oranges onto a bed of lettuce and shredded carrots. Yummy!

JUMP 4 ENDURANCE RHYMES

ACTIVITY GOALS

- I will learn and perform jump rope endurance rhymes.

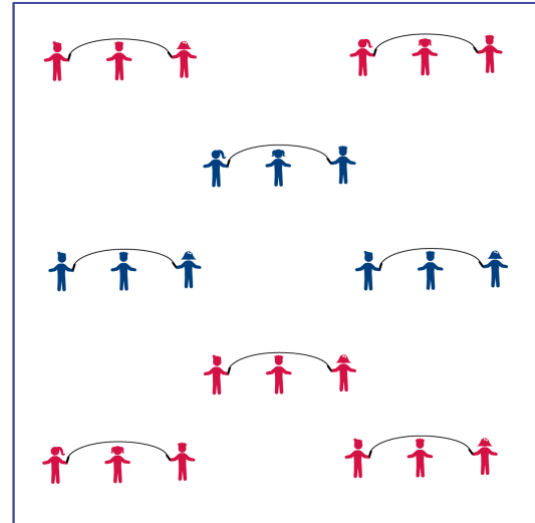
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 long jump rope per 3 players
- 1 short jump rope per player

Set-Up:

- 3 players at a rope.
- Spread out in general space with enough space to turn the rope safely.
- Get your jump ropes ready!



Activity Procedures:

- Let's see how long we can jump our ropes using the endurance rhymes listed below.
- To start, begin jumping your rope while calling out the rhyme. Keep counting (or saying the alphabet) until you make a jump rope mistake and have to stop.
- How many jumps can you make in a row with no mistakes?
- After you master each rhyme, work to try and add all of the different jump rope tricks that you know.

Endurance Rhymes:

- I can jump. I can hop. How many jumps before I stop? 1, 2, 3, 4...
- Up, and up. Down, and down. Jump and make the world go 'round! 1, 2, 3, 4...
- Pick a fruit. Pick a veggie. How many picked before I'm ready? 1, 2, 3, 4...
- ABCs and vegetable goop. What letters land in the vegetable soup? A, B, C, D...

EATING
HEALTHY
101

- Focus on Fruit:** Eating a fresh apple (including the skin!) is one of the best things you can do with your teeth on any given day. Eating the skin with the rest of the apple gives you twice as much fiber when compared to peeled apple slices. Not to mention all of the other essential nutrients that are found mostly in the skin. Eat up!

Looking for more physical education and activity ideas?
Visit [OPENPhysEd.org](https://www.openphysed.org) and find free activity plans and resources.

What is OPEN? OPEN is a national grassroots organization of teachers helping teachers working to provide physical educators and activity leaders free curriculum tools and outstanding professional development experiences. OPEN is a public service of [BSN Sports](https://www.bsn.org) and [US Games](https://www.usgames.org) with a network of 60 national trainers providing curriculum support and professional development experiences to teachers around the world. More than 43,000 teachers have downloaded lesson plans and resources that have enhanced the educational experience of 22 million students.

FITNESS UNO

ACTIVITY GOALS

- I will follow the rules and have fun with my friends and family.

TEACHING TIPS

- Use Proper Form
- Increase Your Heart Rate
- Play Fairly
- Have Fun

ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of UNO Cards
- 1 hula hoop
- 1 cone or spot marker per team
- 1 UNO Fitness Chart per team of 2 players

Set-Up:

- Shuffle the UNO Cards and scatter them on the floor inside the hula hoop.
- Place 1 cone or spot marker per team 10–20 meters away from the hoop.
- Create teams of 2 players, each team behind a cone or spot marker with an UNO Fitness Chart.



Activity Procedures:

- Today's friendly competition is Fitness Uno. We will be developing our personal fitness with friends and family. This game is played in 2 phases.
- During Phase 1, your team will run in relay-race format (1 player at a time) to the hoop to grab 1 UNO card per visit. Do not look at the card when you pick it up. When you return, give your teammate a high-5, and then she/he will run to the hoop. Place the cards face-down in a pile.
- When your team has 10 cards, it's time for Phase 2. During this phase, your team will work to return all of your cards to the hoop. To do that, flip over 1 UNO card at a time and use the UNO Fitness Chart to determine which exercise to perform. The number on the card determines the number of exercise repetitions you'll complete. Everyone on your team must complete the exercises together.
- Once you've finished an exercise set, 1 player will return the card to the hoop. Repeat until all cards are back in the hoop.

UNO Chart Info:

- Red = invisible jump rope; blue = jumping jacks; green = mummy jacks; yellow = stationary sprints.
- Wild card = free (no repetitions); draw 2 cards = draw 2 new cards; reverse = count 10 reps backwards; skip = free (no repetitions); wild draw 4 = give to another team—they must draw 4.

- Color Your Plate:** Different colored fruit and veggies have different health benefits. Be sure to have a colorful plate of fruits and vegetables at every meal. Eat a rainbow of fruits and veggies!

Fitness UNO Chart: Aerobic Capacity

RED	Invisible Speed Rope
BLUE	Jumping Jacks
GREEN	Mummy Jacks
YELLOW	Stationary Sprints

- Wild cards: free—discard with no repetitions.
- Draw 2 cards: draw 2 new cards.
- Reverse cards: count 10 repetitions backward.
- Skip cards: free—discard with no repetitions.
- Wild Draw 4 cards: give to another team—they must draw 4.

Dice of Fitness

(1 Die)

1 → 10 Jumping Jacks

2 → 10 Donkey Kicks

3 → 6 Barrel Rolls

4 → 10 Crab Toe Touches

5 → 5 Star Jumps

6 → 10 Plank Twists

Dice of Fitness

(2 Dice)

2 → 10 Donkey Kicks

3 → 6 Barrel Rolls

4 → 10 Crab Toe Touches

5 → 5 Star Jumps

6 → 10 Plank Twists

7 → 10 Jumping Jacks

8 → 5 Push Ups

9 → 10 Side to Side Jumps

10 → 10 Squats

11 → 10 Mountain Climbers

12 → 10 Front to Back Jumps

Dice of Movements

(1 Die)

1 → Bear Crawl (10 sec)

2 → Crab Walk (10 sec)

3 → Frog Hops (10 sec)

4 → Fly Like a Bird (10 sec)

5 → Elephant Walk (10 sec)

6 → Seal Walk (10 sec)

Dice of Movements

(2 Dice)

1 → Bear Crawl (10 sec)

2 → Crab Walk (10 sec)

3 → Frog Hops (10 sec)

4 → Fly Like a Bird (10 sec)

5 → Elephant Walk (10 sec)

6 → Seal Walk (10 sec)

7 → Penguin Waddle (10 sec)

8 → Monkey Movements (10 sec)

9 → Snake Slithers (10 sec)

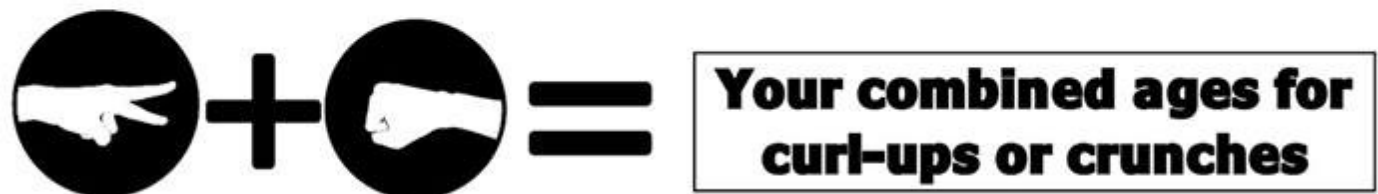
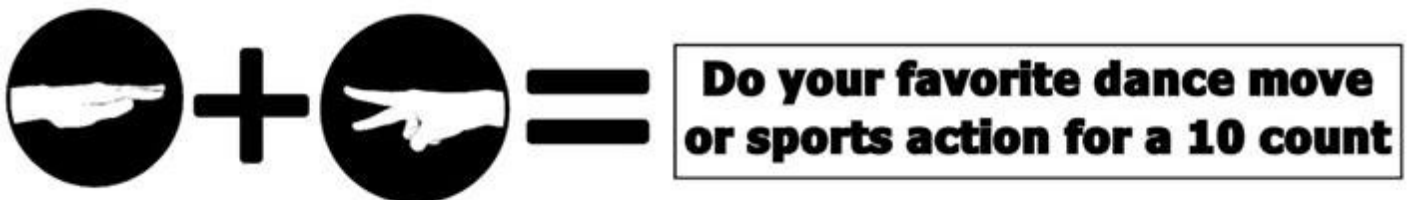
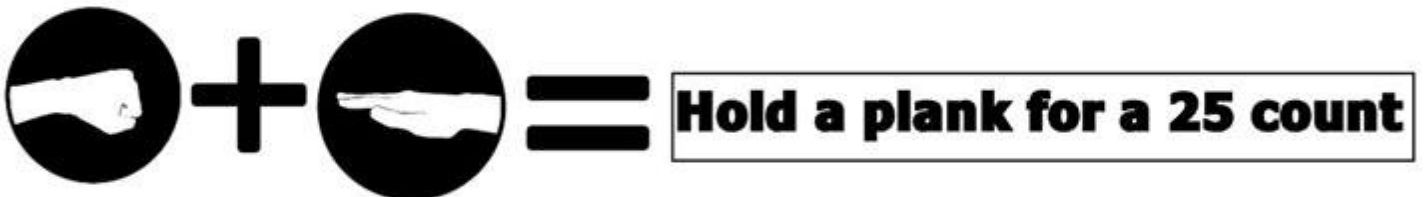
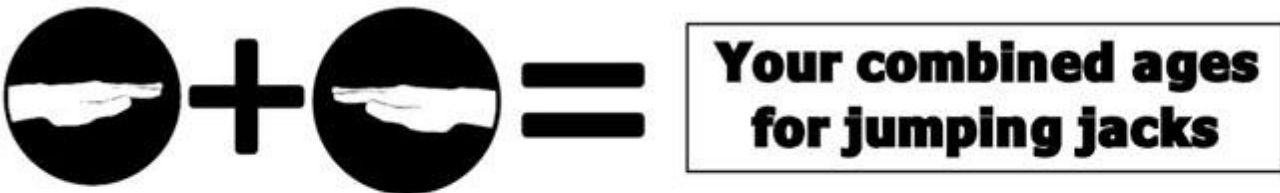
10 → Horse Gallops (10 sec)

11 → T-Rex Run (10 sec)

12 → Flamingo Stand (10 sec)

RPS Fitness

Mike Ginicola ©PhysEdDepot



RPS Fitness For 3



As many push-ups as the oldest partner's age



Jump as high as you can 10 times



Run in place super fast for a 10 count



Do 15 really slow squats



Your combined ages for jumping jacks



Skip a lap around the gym while singing to yourself



Hold a plank for a 25 count



Crab walk for 15 steps



Do your favorite dance move or sports action for a 10 count



2 oldest ages combined for curl-ups or crunches

FACE FITNESS

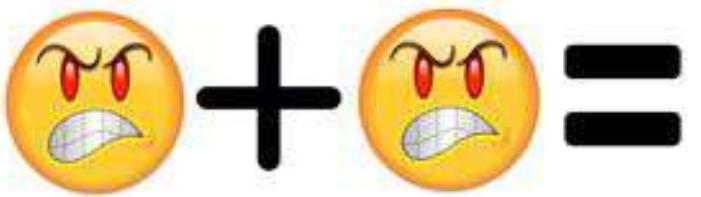
By Mike Ginicola @PhysEdDepot



Start back to back, someone say "Go!" and jump around to face partner with either a happy, sad or angry face!



5 Push-ups



15 Jumping Jacks



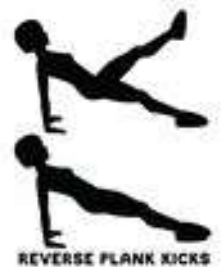
Dance for 10 seconds



12 Crunches



10 crab plank kicks



Skip around gym 1x



Find a new partner each time, and never plan the results!

FACE FITNESS

By Mike Ginicola @PhysEdDepot



Start back to back, someone say "Go!" and jump around to face partner with either a scared, neutral or bitter face!



+
Scared

=

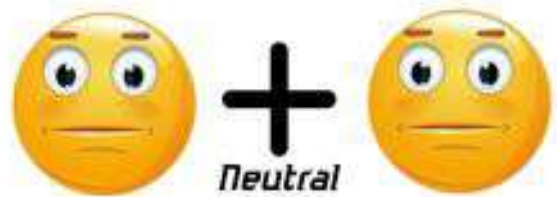
5 Push-ups



+
Sour

=

15 Jumping Jacks

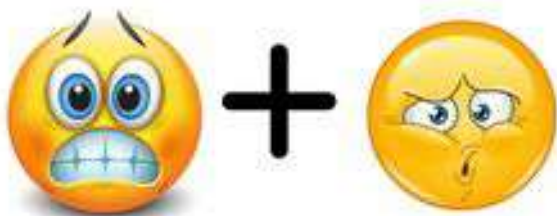


+
Neutral

=

Dance for 10 seconds

FLOSS



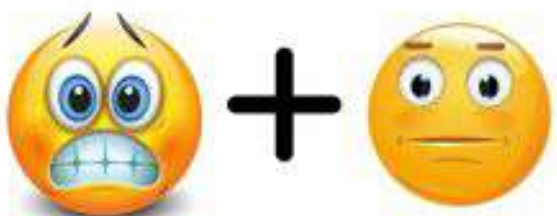
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12 Crunches



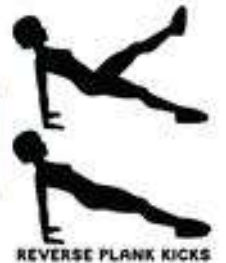
CRUNCHES



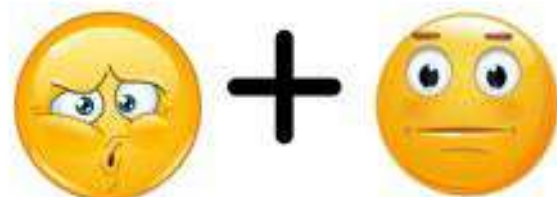
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10 Crab plank kicks



REVERSE PLANK KICKS



+

=

Skip around gym 1x



POWER SKIPS

Find a new partner each time, and never plan the results!

By Mike Ginicola @PhysEdDepot

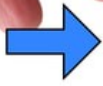
FINGER FITNESS

Say: "Fee Fi Fo Fingers!" to a partner and show 1-5 fingers from one hand, similar to rock-paper-scissors

If your answer is:

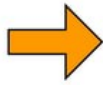
Then you both do this:

2



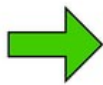
5 push-ups

3



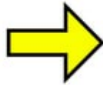
Floss dance to 10 count

4



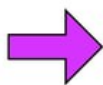
10 crunches

5



Skip around the gym 1x

6

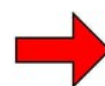


Give a high-5 or fist bump

If your answer is:

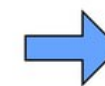
Then you both do this:

7



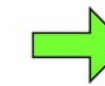
15 jumping jacks

8



Move like an animal for 10 count

9



Favorite physical activity 5x

10



Yoga pose or stretch for 10x

Find a new partner each time, never repeating, and never plan what you'll both show for fingers.

FINGER FITNESS SUBTRACTION EDITION

By Mike Ginicola @PhysEdDepot

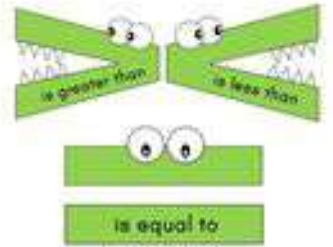
Say: "Fee Fi Fo Fingers!" to a partner and both show 0-10 fingers with 2 hands, then subtract the smallest from the biggest to get the result.

IF YOU GET:	→	THEN YOU BOTH DO:
0	→	15 Jumping Jacks
1	→	Stretch your legs for 12 seconds
2	→	Gallop or skip a lap around gym
3	→	Favorite dance for 15 seconds
4	→	10 crunches or curl-ups
5	→	6 Push-ups

IF YOU GET:	→	THEN YOU BOTH DO:
6	→	15 Jumping Jacks
7	→	Give a high-5 or fist bump
8	→	Stretch your arms for 11 seconds
9	→	Do 9 Squats
10	→	Hold a plank for 20 seconds

Find a new partner each time, and never plan the results!

Finger Fitness Comparison



Students find a partner and say "Fee Fi Fo Fingers!" and both show 1-10 fingers using 2 hands, then they each figure out which exercise to do depending on whether their answer is $<$ $>$ or $=$ to their partner's.

Find a new partner each time, and never plan the results!

>
Greater than:

15 arm circles

OR

15 seconds squat



=
Equal to:

12 front kicks

OR

10 tuck jumps



<
Less than:

9 push-ups

OR

10 leg hops





Keep Moving!!!

These unprecedented circumstances effect all of us. School closures might be fun for a little while, but soon will become boring. Instead of getting the regular physical activity during the AfterSchool program or Physical Education classes, students are missing out on this regular routine and can quickly fall into sedentary habits.

We're here to help!

Here are some quick tips that are guaranteed to keep everyone moving at home!

- 1) Follow the Fitness Calendar attached. Complete each activity three times a day.
- 2) Check out **Fitivities**® (<https://amzn.to/2U9yeDw>) on **Amazon**. Fitivities® is an affordable twist on Skillastics® created specifically for families. Fitivities® is a resource the whole family can play together! (*Skillastics® is a physical activity program used by over 10 million students in more than 25,000 AfterSchool, PE & Community-Based Programs nationwide*).

Together, we will get through this extraordinary situation together!

Family Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have everyone in your family jump to the sky and take turns spelling your names when you jump!	Do 10 (or more if you can) knee "push-ups" before breakfast and before you go to bed together.	Try to do the "twist" together during an entire TV commercial.	Lift left knee to right elbow & repeat lifting right knee to left elbow to the beat of one of your favorite songs.	Do 10 arm circles in each room of your home.	Go to each room in your home and balance on one leg for 10 seconds on each leg.	Take a walk with your family and when you get back have your child teach you their favorite exercise, they learned in school
Have a contest to see who can lean their back against a wall and hold the squat position the longest.	Alternate raising your knees to your palms of your hand while singing your favorite song.	Everyone takes turns jumping side to side with feet together 5 times in every doorway of your home.	Have a contest to see who can balance the longest by making a small circle with one leg while standing.	Shadow box (punching the air directly in front of you) and reciting the alphabet for each time you punch the air.	Dance together to a favorite song of the kids and then dance together to a favorite song of the parents.	See how many times you can throw a ball to each other without dropping it. Set a goal for yourself.
Have everyone in your family partner up, face your partner. Together, touch the floor with both hands then jump up and clap both hands above your head together 10 times. Make sure you partner up with every member of the family.	Everyone skip around your kitchen table 8 times (but be careful!). Change directions and go the other way each time you finish a circle.	Everyone does 20 "Jumping Jacks" before each meal.	Everyone walks on their tippy toes 30 times. Each step counts as one.	Everyone jogs in place for 1 minute or during a TV commercial. Have a contest to see how high you can raise your knees during the jog.	Everyone pretends to jump rope for one minute without stopping. Rest for 30 seconds and do it again.	Flip a coin with someone in your family. The winner chooses an exercise for the other person to do 10 times. Repeat 5 times.
Spell the town and state you live in while doing the scissor jump. Repeat 4 more times, spelling something else in your home. <i>(Scissor Jumps are Jumping Jacks without using the arms).</i>	Everyone does 10 push-ups standing up and leaning against a wall. During the push-ups each person share a story that happened during the day (rest between stories).	Everyone tosses a grocery plastic bag in the air together 20 times with right hand & 20 times with left. (Everyone has their own plastic bag)	Everyone hops on one leg at a time to 20, counting by 2's. (i.e. 2,4,6,8...). Repeat 5 times.	Side Slide (Sliding without crossing legs) from one side of a room to the other 3 times.	Do 10 "sit-ups" before breakfast and 10 before you go to bed.	Take turns playing "Follow the Leader". One person does any exercise(s) they want within a minute and the whole family must mimic the actions.
Everyone stands on a step with their heels hanging off the side of the step. Do 15 calf raises for every person in your family. (Rest between).	Have a "conga" line going throughout the house with everyone following the exercise the leader is doing. When you get back to the start spot, switch leaders. Music playing makes this fun!	Everyone sits in a chair with both feet on the ground. Start by everyone following the leader who moves legs and arms in creative ways. Do this for one minute and switch leaders.				



Channels

Cosmic Kids Yoga*

Go With YoYo - Fitness Fun For Kids*

The Body Coach TV*

Get Kids Moving*

UJU Videos*

Kid Fitness Challenge

The Kids Coach

Fitness Hustle TV

MovetoLearnMS

Moovlee

RoboTots

Yoga Ed.

Yoga With Adriene

Channels marked with an * are ones that we frequently use in Physical Education.