

PHYSICAL EDUCATION DISTANCE LEARNING

MR. WORSWICK

Directions: Each day is given a theme. Choose one activity from the list below to perform or complete each day.

Movement Monday's:

- **Jump Rope-** Grab a jump rope and see how many jumps you can get in a row. In order to keep the competition alive, try to beat your personal best. The only way to improve is to keep practicing.
- **Go for a Walk-** It can be around the block or even around the yard. If you have a fitness tracker, put it on your wrist and see how many steps it takes to walk around your house or even around the block. At the end of the day, see how many total steps you had in the day. I bet you find that number to be pretty high.
- **Clean the House-** Earn major brownie points and help your parents clean the house. Whether it is vacuuming, sweeping, or organizing a room in the house, help your parents keep the house clean. Turn on some music and sing along in order to make the time fly.
- **Create Your Own Workout-** put together your own fitness routine by performing different exercises such as:
 - Push-ups (10 reps)
 - Squats (10 reps)
 - Sit-ups (10 reps)
- **Just Dance or Wii Fit-** Turn on the Wii and play Just Dance or Wii Fit. The Wii gaming system has multiple games such as Wii boxing and Wii fit which will keep you active and entertained. Just Dance can be played across different consoles and provides children the opportunity to dance along to different songs. It provides the steps in the game.

Teamwork Tuesday's

- **Indoor Basketball-** Grab a pair of socks and an empty laundry basket. Transport yourself on to your favorite college or NBA team and act as your favorite basketball player. Shoot or dunk the socks into the laundry basket. If you want to add some competition, ask your siblings to play and go one-on-one. Feel free to add your commentary as you play. I'm sure the crowd will go wild when you hit the game winning shot!
- **Indoor Bowling-** Create your own bowling alley, using an empty hallway, empty water bottles or coke bottle (10 bottles total- do not use anything that will break), and a small ball, such as a wiffle ball. Keep track of your score and make sure that after every roll, you pick up the bottles.
 - **Rookie Level-** use the walls of the hallway to serve as the bumpers to help knock down the pins.
 - **Pro Level-** If the ball hits the wall then you score a 0 for that round.

*** Always roll the ball and make sure you are not near anything valuable. Do not be near an object that will break easily or fall off the wall. ***

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- **Star Wars:** In a Galaxy far far away... It is a period of civil war. Rebel spaceships are attacking from behind bed sheets, pillows, and hidden forts, where they have won their first victory against the evil Galactic empire. During the battle rebel spies managed to capture the Empire's greatest weapon, the Throw Pillow, an armored pillow with enough filling to destroy the entire Rebel fleet. Pursued by the empire's agents, Luke and his friends Chewy, Han, and Laia, race across the galaxy to deliver the plans to the Master Bedroom, home of the Rebel Alliance. Protect the Throw Pillow and make sure it does not end up in the hands of the Galactic Empire. May the force be with you! *Which side are you on? The choice is yours.*

Wellness Wednesday's

- **Searching For Treasure-** Find your inner pirate and captain a pirate ship of your choosing (be creative with your ships name). As a pirate, you are always looking for treasure. While the ship is docked and the crew is out at Kraken's Cavern, you come to learn of a rare treasure, whose whereabouts can be found on Lost Treasure Island. You and your crew need to set sail and find the hidden treasure. Your journey will not be easy though as you will come across rough seas (towels/pillows spread throughout the house) and high winds (hang a blanket from the doorway to walk through). Can you and your crew find the hidden treasure and bring it back to to Kraken's Cavern?
 - Have your parents hide an object throughout the house as the hidden treasure.
 - **Rough Seas-** have towels rolled up throughout the house where you would need to jump over them.
 - **High Winds-** hang blankets over doorways or beds so that you can crawl through them
- **Cooking-** help your parents cook a healthy meal or suggest a healthy meal to your mom or dad. This could be as simple as adding your favorite fruit or vegetable to the main course or having grilled chicken instead of fried chicken. Remember, nutrition plays an important role in your overall health and wellness.
- **Yoga-** "You cannot always control what goes on outside. But you can always control what goes on inside."- Take care of yourself and use youtube to follow along with simple yoga poses. Type in *Yoga for Kids* or *Cosmic Kids Yoga* and find your zen.
- **Lego's (SEL)-** "Everything is Awesome. Everything is good when you are part of a team. Everything is awesome, when you are living the dream. Grab your legos and start building. Whether it is a new design or a design you just created using your imagination, become a Lego Master. Go!

Target Thursday's

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- **Catch**- grab a baseball, softball, or frisbee and play a game of catch with your parents or friends.
- **Bounce Pass**- Grab a basketball and use a wall outside to bounce the ball off of. This will help you develop your basketball passing skills. If you want to add more movement, use a tennis ball and bounce it off the wall so that you have to move around to catch it off the wall.
- **Target Practice**- Find a place to put up targets, either empty bottles, garbage can lid, or piece of paper against a wall and practice throwing a ball to hit the target. You can use any type of ball or frisbee.
- **Hockey Practice (Lacrosse/Soccer)**- Wayne Gretzky once said, "You miss 100% of the shots you don't take." Grab a net and take your shot. Set up the hockey net and take shots on goal. If you can, create targets and see how many times you hit the target, like the accuracy contest at the NHL Skills Challenge during All-Star Weekend.

Family Friday's

- **Dance Party**- Dance along to your favorite song with your siblings and or parents. If they are not willing to participate, have some fun, dance, and sing your heart out!
- **Clean Up Race**- Have your parents been on you to clean your room, well why not make it a competition. Get a stopwatch or timer and see how fast you can clean/organize your room. The referee for the clean-up race is your parents as they will deem if your room is clean enough. Good Luck!
- **Kick the Can**- If you have cabin fever (looking to get out of the house), grab your parents and/or siblings and get out in the backyard or front yard to play kick the can. Rules for Kick the Can can be seen on the next page.
- **Play with your Dog/Cat**:
 - If you have a dog, go for a walk with your parents as they walk the dog.
 - Play a game of fetch with your dog. All you need is a ball or a frisbee.
 - If you have a cat, roll a ball in the open area or see if you can play keep away with your cat. Let see who comes out on top?
- **Family Movie Night (SEL)**- "Families are the compass that guides us. They are the inspiration to reach great heights, and our comfort when we occasionally falter."- Brad Henry. Surround yourself with the people that support you the most and take time to relax. Watching movies is a great way to relieve stress and forget about what happened during the day.

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Kick the Can Rules

1. Start by choosing one person to be IT and a "home base" for the children to gather.
2. To start the game, this player (IT) gets to kick the can as far as he/she is able.
3. The players scatter to find hiding places as the can rolls.
4. IT then chases after the can and brings it back to home base.
5. Once he brings the can home, IT counts to 50 (or 100; depending on age) with his eyes closed.
6. When he opens them, he starts searching for the other kids and the fun begins.
7. When IT finds a hider, he calls out this player's name.
8. If the hider can kick over the can before IT does, he's safe.
9. If IT makes it to the can first, the player whose name he calls out is captured and must wait in the jail (next to the can).
10. The player/s in jail are not doomed just yet, another player can risk capture to save them.
11. If another player can kick over the can and call out "Home FREE" without getting captured by IT, the jailbirds are free to run and hide from IT again.
12. The game continues until all the jailbirds have been captured.
13. The first person caught becomes IT in the next game.
14. If jailbreaks keep the game going on too long, the first person who is caught 3 times becomes IT and a new game begins.