

Name:

Date:

Home Room

Physical Education Blizzard Bag #1

Mr. Elliott---Grades4- 5-6

Complete each of the following activities.

Knowledge Activity: Draw a picture of you completing a Fitness Activity. Possible examples of this activity would be: riding a bike, playing a sports game, building a snowman, walking a dog, or playing in a local park.

\*Write two sentences describing the Fitness Activity you chose to draw.

\*\*Use the back of this paper\*\*

Performance Activity:

\*Complete stretching activities for your arms (Rotate arms forward and backward), and legs (V stretch)

\*Complete 10 Push-ups, 10 sit ups, and 10 Jumping Jacks

\*Complete one of the following: (Circle the one you chose)

\*Walk/jog for 6 minutes

\*Ride a Stationary Bike for 6 minutes

\*Walk up/down stair steps for 4 minutes straight

\*In two sentences, explain the activity you participated in.