

Name:

Date:

Home Room Teacher:

Physical Education Blizzard Bag #3 Mr. Elliott---Grades 4-5-6

Complete each of the following activities.

Knowledge Activity: Pick someone that is actively involved in Sports, Exercise, Nutrition, or Dance.

*Write two sentences describing who this person is and what they are actively involved in. Also, describe why you like or admire this person.

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.