

**Mrs. Fluharty's Blizzard Bag Day Lesson Plans**

**Garfield Elementary**

**Physical Education K-3**

**\*\*Assignments are due the day you report to your next Physical Education Class (no later than 2 weeks from the Calamity Day).**

**\*\*\*You only need to complete this physical education assignment if you miss PE during the Calamity Day, although you are encouraged to complete the activities whether or not you miss a PE class.**

**K-3**

**Ohio PE Standard 4:** *Achieves and maintains a health-enhancing level of physical fitness.*

**K-1**

**Ohio PE Standard 2:** *Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.*

**K-3<sup>rd</sup> Grade**    Bag #1

Warm-up: In the Garage, Basement or any SAFE place where things won't get broken.

Jog in place for 30 seconds.

*Fitness Routine:*

<b><u>Repetitions</u></b>	<b><u>Exercise</u></b>
15	Jumping Jacks
10	Push- ups
15	Sit-ups
10	Toe Touches
10	Line jumps (side to side over an imaginary line)

Cardiovascular Endurance:

*Goal:* 20 + minutes: Pick any one activity or a combination of 2 or 3 activities.

Outside Activities

Inside Activities

Shoveling Snow

Clean your room

Walking in the snow

Use a sweeper to sweep the carpets in your home

Sledding/Ice Skating

Do dishes by hand

Making a snowman or a snow fort

Clean windows or anything to help out your parents

Note: If you have parental permission and available exercise equipment, you may exercise with them: safety first. Also if you are able to make it to a sport in which you participate –ok.

Cool Down:

Start with your arms at your sides. Slowly bring your arms up as you inhale. Exhale as you return your arms to your sides. Do this 3 times.

**Student Name** \_\_\_\_\_ **Teacher Name** \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_

**K-3<sup>rd</sup> Grade** Bag #2

Warm-up: In the Garage, Basement or any SAFE place where things won't get broken.

Jog in place for 30 seconds.

*Fitness Routine:*

<b><u>Repetitions</u></b>	<b><u>Exercise</u></b>
15	Jumping Jacks
10	Push- ups
15	Sit-ups
10	Toe Touches
10	Line jumps (side to side over an imaginary line)

Cardiovascular Endurance:

*Goal:* 20 + minutes: Pick any one activity or a combination of 2 or 3 activities.

Outside Activities

Inside Activities

Shoveling Snow

Clean your room

Walking in the snow

Use a sweeper to sweep the carpets in your home

Sledding/Ice Skating

Do dishes by hand

Making a snowman or a snow fort

Clean windows or anything to help out your parents

Note: If you have parental permission and available exercise equipment, you may exercise with them: safety first. Also if you are able to make it to a sport in which you participate –ok.

Cool Down:

Start with your arms at your sides. Slowly bring your arms up as you inhale. Exhale as you return your arms to your sides. Do this 3 times.

**Student Name** \_\_\_\_\_ **Teacher Name** \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_

**K-3<sup>rd</sup> Grade** Bag #3

Warm-up: In the Garage, Basement or any SAFE place where things won't get broken.

Jog in place for 30 seconds.

*Fitness Routine:*

<b><u>Repetitions</u></b>	<b><u>Exercise</u></b>
15	Jumping Jacks
10	Push- ups
15	Sit-ups
10	Toe Touches
10	Line jumps (side to side over an imaginary line)

Cardiovascular Endurance:

*Goal:* 20 + minutes: Pick any one activity or a combination of 2 or 3 activities.

Outside Activities

Inside Activities

Shoveling Snow

Clean your room

Walking in the snow

Use a sweeper to sweep the carpets in your home

Sledding/Ice Skating

Do dishes by hand

Making a snowman or a snow fort

Clean windows or anything to help out your parents

Note: If you have parental permission and available exercise equipment, you may exercise with them: safety first. Also if you are able to make it to a sport in which you participate –ok.

Cool Down:

Start with your arms at your sides. Slowly bring your arms up as you inhale. Exhale as you return your arms to your sides. Do this 3 times.

**Student Name** \_\_\_\_\_ **Teacher Name** \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_

Calamity Day

Kindergarten & 1<sup>st</sup> Grade Assignment

You may choose this as an alternate for ONE day, instead of the K-3 assignments.

**Directions:** Circle the monkeys who are not in their own self space.

Dance in your self space for 5 minutes.



Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

**Calamity Day**

**2<sup>nd</sup>- 3rd Grade Assignment**

**You may choose this as an alternate for ONE day, instead of the K-3 assignments.**

**2<sup>nd</sup> Grade:**

Draw a picture on the back of the strength exercises we do in Physical Education class.

**3<sup>rd</sup> Grade:**

Give an example of an exercise we can do to work on the following 3 Concepts of fitness:

*Strength-*

*Flexibility-*

*Endurance-*

**Student Name**\_\_\_\_\_ **Teacher Name**\_\_\_\_\_

**Parent/Guardian Signature**\_\_\_\_\_