

## PE CONTINUITY OF LEARNING PLAN-Session II

WEEK OF May 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Learning focus</b> (Standard, target)	Be Active for 30 minutes-60 minutes today!	Be Active for 30 minutes-60 minutes today! Check on your eating habits-follow Catch Progra-, Go-Slow-Whoa	Be Active for 30 minutes-60 minutes today!	Be Active for 30 minutes-60 minutes today! Check on your eating habits-follow Catch Progra-, Go-Slow-Whoa	Be Active for 30 minutes-60 minutes today!
<b>Instructional Resource</b> (online, hard copy)	<u>25 Ways to Get Moving at Home</u>  <u>Page 3</u>	<a href="https://www.youtube.com/watch?v=Xd4b8c6zyW8">https://www.youtube.com/watch?v=Xd4b8c6zyW8</a>  Volleyball skills Passing/setting/serving Page 4 and 5	<a href="https://www.youtube.com/watch?v=blgL52PQcU0&amp;t=10s">https://www.youtube.com/watch?v=blgL52PQcU0&amp;t=10s</a>  <u>Stretching/Stren</u> <u>gth Training - "Be Your Own Kind of Beautiful" and "Love Life"</u>  Video # Journal page 2	<a href="https://www.youtube.com/watch?v=Xd4b8c6zyW8">https://www.youtube.com/watch?v=Xd4b8c6zyW8</a>  Volleyball skills Passing/setting-review Add underhand serving Page 4 and 5	<a href="https://ymca360.org/on-demand#/category/85/videos/110">https://ymca360.org/on-demand#/category/85/videos/110</a>  Yoga day! Choose Yoga with Corri! Journal page 2
<b>Student work/task</b> (Online, hard copy)	Read page 1 note and Choose 10 from your list-have someone join you.	<a href="https://www.youtube.com/watch?v=Xd4b8c6zyW8">https://www.youtube.com/watch?v=Xd4b8c6zyW8</a>  Use and soft ball Pass low and set high-can you alternate? Try to serve underhand!	<a href="https://www.youtube.com/watch?v=blgL52PQcU0&amp;t=10s">https://www.youtube.com/watch?v=blgL52PQcU0&amp;t=10s</a>  <u>Stretching/Stren</u> <u>gth Training - "Be Your Own Kind of Beautiful" and "Love Life"</u>  <u>Do video and 10 different activities from page 3!</u>	<a href="https://www.youtube.com/watch?v=Xd4b8c6zyW8">https://www.youtube.com/watch?v=Xd4b8c6zyW8</a>  Try 10-20 underhand serves with a soft ball - even a beach ball!	<a href="https://ymca360.org/#/">https://ymca360.org/#/</a>  <u>22 minutes of kids yoga</u>
OTHER NOTES	Journal your activities. Page 2.	Journal your activities. How are we doing with our eating and	Journal your activities.	Journal your activities. How are we doing with our eating and	Journal your activities.

		drinking habits?		drinking habits?	
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WEEK OF May 11	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Learning focus</b> (Standard, target)	Be Active for 30 minutes-60 minutes today!	Be Active for 30 minutes-60 minutes today!	Be Active for 30 minutes-60 minutes today!	Be Active for 30 minutes-60 minutes today!	Be Active for 30 minutes-60 minutes today!
<b>Instructional Resource</b> (online, hard copy)	<a href="#">Active Home</a>  Page 7	<a href="#">Gardenour Health Grooves</a>	<a href="#">Active Home</a>  Page 7	<a href="#">Gardenour Health Grooves</a>	<a href="#">Active Home</a>  Page 7
<b>Student work/task</b> (Online, hard copy)	<a href="https://openphysed.org/activeschools/activehome">https://openphysed.org/activeschools/activehome</a>  <u>Pick 5 activities form the DEAM calendar-find it left side middle of page</u>	<a href="#">Gardenour Health Grooves</a>  <u>Do Health Grooves Video #1 &amp;2</u>  <u>Finish hand-out page 6-exercise your full name</u>	<a href="#">Active Home</a>  <u>Pick 5 different activities form the DEAM calendar-find it left side at middle of page</u>	<a href="https://www.youtube.com/watch?v=101aOj_mZD0&amp;t=14s">https://www.youtube.com/watch?v=101aOj_mZD0&amp;t=14s</a>  <u>Finish hand-out page 6-exercise your full name-from Brayden Crosley</u>	<a href="https://openphysed.org/activeschools/activehome">https://openphysed.org/activeschools/activehome</a>  <u>Pick 5 different activities form the DEAM calendar-find it left side middle of page</u>
OTHER NOTES	Journal your activities. Journal Page 2-	Journal your activities.	Journal your activities.	Journal your activities.	Journal your activities.

An Exercise Note from Mrs. Gardenour  
Session II – May 4-May 15

Hello Daisy Brook Students! I hope you have been active the past two weeks during Session I. I have been getting up EVERY morning and doing my stretches/yoga moves and walking the dog. She loves her morning walk because it is quiet-she seems to love the cool mornings. Boy, I wish it would warm up soon!

- I have been making a few phone calls from my office to see how you are doing. I miss you. Hey, if you would like to share on the phone my office hours will be Tuesday and Thursday from 12-2:00. Call me to say hello and let me know what you have been doing to stay active. The phone number is: 924-8288.
- Also, may I direct you to my new YouTube page: [Gardenour Health Grooves](#) ~ move and groove along with me! I hope to be adding new songs and lessons about your health. Tell your classmates and join the fun!
- It would be GREAT if you could record your personal exercise on your exercise log sheet. It would be awesome even if you design your own exercise log sheet. Send them back to Daisy Brook or put them in your classroom packet so I can see how you have been doing.
- May I encourage you to invite and play games with your family members – both inside AND outside. Make up a new game and send me a note about it. Maybe I can use it in class next year!

Activities this week:

- Continue to be active 5-7 days a week 30-60 minutes (that is ONE hour!)
- Invite those who are at your home location and have them MOVE with you! Extra winning points!
- Follow your Activity Log page throughout the week-you may choose an activity besides outside activity, walk with family or dance. Be creative. (Don't forget to turn in your tally sheet!)
- If possible, check out my YouTube page as I will be sharing new movement videos, simple health talks, and sport skill videos! [Gardenour Health Grooves](#)! So much fun to be moving and it helps us be physically healthy and mentally healthy!
- Besides being active by YOUR choice, I would like you to work on your volleyball skills as we attempt to continue where we left off. All you need is any kind of soft rubber ball – let's try passing/setting alternating – AND serving!
- Maybe make up your own game – play it – write it down and bring it to me in August when we start up school again.
- DON'T FORGET TO GET ME YOUR LOG SHEETS SO I KNOW WHAT YOU HAVE BEEN UP TO WITH YOUR MOVEMENT!
- MOVE AND GROOVE FOR THE HEALTH OF IT! FIT FOR LIFE!

# MAY

## DEAM Calendar

Drop Everything And Move

**MAY the 4<sup>th</sup>**  
be with you

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

**Purpose:**

*This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

**Directions:**

*After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).*

✓ Done	Day	DEAM Activity
	1	Take a walk.
	2	A kiwi has ~60mg of vitamin C. Do 60 air punches.
	3	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	4	Family Fun: Play your favorite physical education activity with your family.
	5	Do as many trunk-lifts as you can.
	6	Juggle a ball with your feet for 5 minutes.
	7	Perform jumping jacks while naming words that start with "M."
	8	Take a walk.
	9	1 cup of broccoli has ~60mg of calcium. Do 60 air kicks.
	10	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	11	Family Fun: Go to the park together.
	12	Do as many squats as you can.
	13	Spend 5 minutes tossing and catching a ball.
	14	Perform squats while someone calls out math problems for you to answer.
	15	Take a walk.
	16	Beans have ~500mg of potassium. Jog in place as you count to 500.
	17	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	18	Family Fun: Take turns selecting an exercise to do together.
	19	Do as many push-ups as you can.
	20	Spend 5 minutes volleying a balloon in the air.
	21	Hold a plank while naming all the cities that you can think of.
	22	Take a walk.
	23	Half a cup of blueberries has ~40 IUs of Vitamin A. Do 40 plank-jacks.
	24	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	25	Family Fun: Build an obstacle course together.
	26	Do any workout you want!
	27	Pick any sports skill and practice it for (you guessed it) 5 minutes!
	28	Name as many muscles in the body as you can while jumping in place.
	29	Take a walk.
	30	A serving of spinach has ~20mg of magnesium. Do 20 squat-thrusts.
	31	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.

**Remember**

- Get adult permission before doing activities.
- Return this calendar to your teacher when it's done.



American  
Heart  
Association.

# 25 WAYS TO GET MOVING AT HOME



1

Run in place for  
30 seconds



2

Dance party  
for 1 minute

3

Stand up and sit  
down 10 times



4

Read standing up

5

Hot lava!  
Keep a balloon in the air  
without touching the ground  
(make it harder by only  
using heads or elbows)

6

Jumping jacks  
for 30 seconds

7

Do the  
hokey pokey

8

See how many  
squats you can do  
in 15 seconds

9

Stand up, touch  
your toes

10

Wall sits  
while reading



11

One-minute  
yoga

12

Stretch your  
hands high over  
your head



13

Arm circles forward for  
30 seconds, arm circles  
backward for 30 seconds

14

10 frog jumps



15

Standing mountain  
climbers for thirty  
seconds

16

Stand on one leg, put  
your hands up, put your  
hands out to the side

17

5 lunges on the right leg,  
5 lunges on the left leg

ABC 18 1/2

18

Practice spelling,  
do a squat for  
every vowel

19

Run in place for 30  
second, check your  
heart rate

20

Practice spelling by  
doing a jumping  
jack for each letter



21

30 second plank

22

Practice math problems, do a  
jumping jack every time the  
answer is an even number

23

20 leg lifts

24

Ball toss spelling practice.  
Toss the ball and say a letter  
then toss the ball to someone  
else to say the next letter

25

High knees  
for 30 seconds

# VOLLEYBALL TERMS

**MATCH**



**SERVE**



**READY  
POSITION**



**ROTATE**



**BLOCK**



**SPIKE**

**3  
HITS**



**SET**



**BUMP**



**DOUBLE  
HIT**



**SIDE**

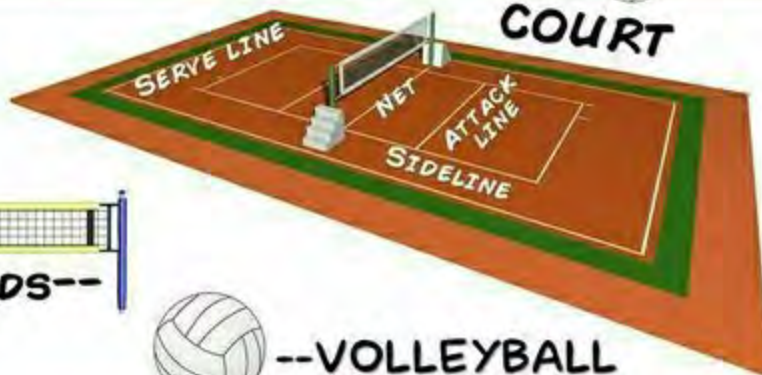


**OUT**

**YELLOW  
CARD**



**COURT**



**NET**



**--STANDARDS--**

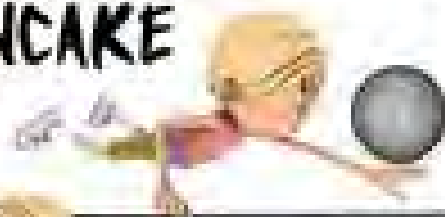


**--VOLLEYBALL**



# VOLLEYBALL SKILLS

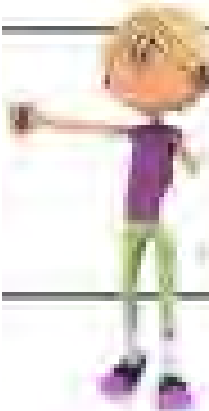
**PANCAKE**



**DIG**



*Underhand  
Serve*



*Overhand  
Serve*



**BLOCK**

**SPIKE**

**SAVE**



**SET**



**Bump**

[Done](#)[Edit](#)

# YOUR FULL NAME IS... THE WORKOUT!!

-Repeat  
if  
Needed

A	50 Jumping Jacks	N	25 Burpees
B	20 Crunches	O	40 Jumping Jacks
C	30 Squats	P	15 Plyo Lunges
D	15 Push-ups	Q	30 Crunches
E	1 min. Wall Sit	R	15 Push-ups
F	10 Burpees	S	30 Jump Squats
G	20 Plyo Lunges	T	15 Burpees
H	20 Jump Squats	U	30 Tricep Dips
I	30 Jumping Jacks	V	2 min Wall Sit
J	1 min Plank	W	50 Calf Raises
K	10 Pushups	X	60 Jumping Jacks
L	20 Tricep Dips	Y	2 min Plank
M	20 Burpees	Z	20 Push-ups

[More](#)





# Physical Education

## ACTIVITY LOG

### 2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.  
Have an adult sign their initials next to each day that you complete 30 minutes.

#### Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
<b>Sample Day</b>	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

#### Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				