

Groveland Week 2 Distance Learning

PE Lessons

Distance Learning for Elementary PE Central Bucks School District Parents/Students: Please find the appropriate grade level and follow the directions.

- **MDS Physical Education Week 2**

Overview: Compares physical activities that bring confidence and challenge.

Estimated Time: Approximately 20 minutes

Explanation: Enjoy a fun exercise with a parent, sibling, or guardian/caretaker and see what activities you are successful at attempting.

Three quick things to know:

(1) With an adult/guardian/caretaker or older sibling, choose between a challenge activity or from a variety of skill activities in a video. (2) After completing the challenge or activity of your choice, record what was chosen on the worksheet below. (3) If you cannot print the fitness log, you may write your choice on a sheet of paper and sign the fitness log.

Tasks: Choose 1 or 2 new activities from last week (equipment permitting)

Click <https://watchkin.com/07471282af> to watch a video of different ideas for skills work (various materials required).

AND/OR

Select a challenge activity you would like to participate in from the list below:

In their wheelchairs:

- Student can push objects off of her lap.
- Student can reach for objects dangling from strings from the basketball hoop or from a string pulled across two volleyball standards.
- They can grasp items such as socks with a tennis ball inside, a tennis ball, scarves, whiffle ball, yarn ball, or Koosh ball.
- Student can bat balloons.
- Student can pull on Thera-Bands or surgical tubing.
- Student can use a racquet bandaged around one hand to bat a ball or play hockey with a hockey stick that is Velcroed or bandaged around one hand.

Over a bolster:

- Lying on her front over a bolster, a student can push balls back and forth, drop scarves or bean bags into buckets, or do push-ups with assistance.
- They can also reach up into higher buckets or baskets and drop items into higher targets.

Lying on a wedge mat or sitting on a mat with support from behind:

- Lying on his front over a wedge mat or sitting on a mat with support from behind, a student can push balls back and forth, drop scarves or bean bags into buckets, or do push-ups with assistance.
- They can also reach up into higher buckets or baskets and drop items into higher targets.

Lying Supine on a mat:

- While a student is lying on their back, they can kick a ball off of her feet. They can also pull a scarf off their face, push a ball off her chest, reach up for scarves or objects, and practice grasping and releasing into hula hoops.

Lying prone on a scooter or sitting up with support:

- While lying prone on a scooter or sitting up with support, a student can hold on to a hula hoop while being pulled around. They can push himself with his feet to the extent possible; they can hold on to a rope with support and be pulled around; and they can push themselves with their arms.

- **Kindergarten Physical Education Week 2**

Lesson heading: Mindfulness

Overview: Students will practice mindfulness in different ways. (S5.E1, S5.E3, S5.E4)

Estimated time: 20 minutes

Explanation of activity: Practice paying attention and being present in a Mindful Eating and a Mindful Walking activity.

Three quick things to know: (1) As you do each exercise, you will probably find that your mind wanders after a minute or two. That's normal — minds do that. Your job is to gently bring your attention back to the thing you are focused on. The more you practice doing that, the better you train your brain to pay attention. (2) Being mindful helps people do better in just about every part of life, like focusing on homework or feeling less stressed out. (3) Practicing mindfulness a little bit every day helps you to build this valuable skill.

Tasks: (1) Mindful Eating

You can do this with any meal or snack including an orange, an apple — or even something as tiny as a raisin. The idea is to really pay attention to what you are eating.

Let's say you decide to do mindful eating with an orange. Your job is to eat the orange slowly, without rushing. You can do this mindful eating exercise with your eyes open or closed.

1. Start by holding your orange. Roll it in your hand. Notice how it feels.
2. Hold the orange near your nose. What does it smell like? Take a whiff of the bittersweet smell of the orange peel.
3. If you have your eyes open, notice how the orange looks. Pay attention to whether the skin is smooth or bumpy. If you hold it firmly, is it squishy?
4. Slowly peel your orange, paying attention to how it feels in your fingers. Notice the juiciness, and whether the inside of the orange smells different from the outside.
5. Is your mouth watering? Go ahead and taste your orange. Notice how it feels on your tongue, and against your teeth. Notice the flavor, the texture, and the juiciness as you chew each piece slowly. Take your time as you chew, taste, smell, and feel each bite of your orange.

(2) Mindful Walking

This exercise is about paying attention to how your body moves as you walk slowly. You can do Mindful Walking inside or outside, alone or with a parent, guardian or sibling.

6. To start, pick up one foot and take a step forward, in slow motion. Pay attention to how you naturally keep your balance.
7. Now walk in slow motion, step by step. Notice how your arms and legs and feet move. Pay attention to how your knees bend and straighten, as you lift one foot and then the other, nice and slow.
8. Breathe in and out, in time with your steps. See if you can keep your attention focused on walking slowly, step by step, as you relax and breathe.
9. Whenever your mind wanders, gently guide it back to your s-l-o-w motion moving. Keep breathing, in and out, as you enjoy moving in slow motion.

Links/activities:

[Mindful Walking Video](#)

[Mindful Eating Video](#)

1st Grade Physical Education Week 2

Overview: Students will practice mindfulness in different ways. (S5.E1, S5.E3, S5.E4)

Estimated time: 20 minutes

Explanation of activity: Practice paying attention and being present in a Mindful Breathing, Mindful Word and a Mindful Walking activity.

Three quick things to know: (1) As you do each exercise, you will probably find that your mind wanders after a minute or two. That's normal — minds do that. Your job is to gently bring your attention back to the thing you are focused on. The more you practice doing that, the better you train your brain to pay attention. (2) Being mindful helps people do better in just about every part of life, like focusing on homework or feeling less stressed out. (3) Practicing mindfulness a little bit every day helps you to build this valuable skill.

Tasks: (1) Mindful Breathing

With this exercise, you focus your attention on breathing. You want to pay attention to your breath in an easy way — on purpose, but not forced. Practice for 1 minute and then progress to 5 minutes. Notice and feel without judgement.

1. Sit up in a comfortable way. Close your eyes.
2. Notice your breathing as you inhale and exhale normally. Just pay attention to your breath as it goes in and out. Can you feel the place where the air tickles your nostrils?
3. Pay attention to how the breath gently moves your body. Can you notice your belly or your chest moving as you breathe?
4. Sit for a few minutes, just paying attention to your gentle breathing. See how relaxed you can feel just sitting, breathing in and out.
5. When your mind starts to wander and think about something else, gently guide your attention back to your breathing.
6. Can you do this for a whole minute? Can you do it for 5 minutes?

(2) Mindful Word

1. Think of a word that seems calm or soothing. This could be a word like "peace" or "love" or "peaceful" or "snowflake" or "sunlight" or "hum" or "calm."
2. Think the word to yourself. Say it silently and slowly in your mind. Say your word to yourself with each breath you take, in and out. Keep your attention gently focused on your word.
3. When your mind wanders, guide your attention back to your word, and keep saying it gently and slowly while you relax and breathe.

4. Can you do this for a whole minute? Can you do it for 5 minutes?

(3) Mindful Walking

This exercise is about paying attention to how your body moves as you walk slowly. You can do Mindful Walking inside or outside, alone or with a parent, guardian or sibling.

1. To start, pick up one foot and take a step forward, in slow motion. Pay attention to how you naturally keep your balance.
2. Now walk in slow motion, step by step. Notice how your arms and legs and feet move. Pay attention to how your knees bend and straighten, as you lift one foot and then the other, nice and slow.
3. Breathe in and out, in time with your steps. See if you can keep your attention focused on walking slowly, step by step, as you relax and breathe.
4. Whenever your mind wanders, gently guide it back to your s-l-o-w motion moving. Keep breathing, in and out, as you enjoy moving in slow motion.

Links/activities:

[Mindful Breathing Video](#)

[Mindful Walking Video](#)

2nd Grade Physical Education Week 2

Lesson heading: Mindfulness

Overview: Students will practice mindfulness in different ways. (S5.E1, S5.E3, S5.E4)

Estimated time: 20 minutes

Explanation of activity: Practice paying attention and being present in a Body Scan and Yoga Practice.

Three quick things to know: (1) As you do each exercise, you will probably find that your mind wanders after a minute or two. That's normal — minds do that. Your job is to gently bring your attention back to the thing you are focused on. The more you practice doing that, the better you train your brain to pay attention. (2) Being mindful helps people do better in just about every part of life, like focusing on homework or feeling less stressed out. (3) Practicing mindfulness a little bit every day helps you to build this valuable skill.

Tasks: (1) Body Scan Try this quick body scan and try to focus on paying attention to your emotions and to what is going on inside of your body. You must be able to recognize stress and tension and where it is in the body before you can do anything about it such as starting a calming technique.

Basic Steps for a Body Scan:

- 1- Sit or lie comfortably with your hand relaxed in your lap or to the side and close your eyes or gaze low.
- 2- Take three deep breaths allowing your body to fully relax and sink into the floor on the exhale or breath out.
- 3- Then with each deep breath, imagine the air going to a different part of the body, noticing the sensations in that part of the body and then exhaling any stress or tension you may be feeling in that part of the body. Are you noticing tingling, warmth, coolness or pressure? Continue to move to each different part of the body as you scan either from the top of your head to the tips of your toes or vice versa.
 - a. Scalp
 - b. Face
 - c. Neck and shoulders
 - d. Torso
 - e. Arms
 - f. hands
 - g. Hips and bottom
 - h. Legs
 - i. feet
- 4- Once the whole body is scanned, take a deep breath, wiggle your fingers and toes and slowly open your eyes; bringing awareness to the whole body.
- 5- Questions for you or to share with a parent, guardian or sibling:
 - a. Does your body feel different or the same from before you started the body scan?
 - b. Where there any parts of your body that felt tense and you needed to relax?

(2) **Yoga Practice:** Try these yoga poses and notice how you feel. What emotions come up for you? What sensations do you feel in your body?



Links/activities: [Body Scan Video](#)

3rd Grade Physical Education Week 2

Lesson heading: Fitness

Overview: Students will practice fitness skills in a Tabata workout. (S3.E1 S3.E2)

Estimated time: 20 minutes

Explanation of activity: Choose a level of intensity that is challenging for you by performing as many reps as possible for time in the Tabata workout below.

Quick things to know: (1) Tabata is under the umbrella of HIIT (High Intensity Interval Training). (2) The formula for a Tabata is 20 seconds of work/exercise to 10 seconds of rest for 8 rounds in 4 minutes. (3) Have fun and work at your own pace and level of intensity.

Task: **Tabata** -Perform each exercise at a level of intensity that is challenging for you. Work for 20 seconds and rest for 10 seconds. There are 8 exercises so this represents 1 exercise per round for a total of 8 rounds and 4 minutes. Rest 1 minute in between and repeat for 3 or 4 more rounds. To enrich your Tabata experience change the exercises and make this your own!

TABATA

- 1. PUSH-UPS**
10 SEC REST | 20 SEC MOVE
- 2. SKIER JUMPS**
10 SEC REST | 20 SEC MOVE
- 3. ALT. LEG KICKS**
10 SEC REST | 20 SEC MOVE
- 4. BURPEES**
10 SEC REST | 20 SEC MOVE
- 5. SQUATS**
10 SEC REST | 20 SEC MOVE
- 6. JOG IN PLACE**
10 SEC REST | 20 SEC MOVE

6 HIGH INTENSITY INTERVAL TRAINING
©Photo Concepts (Dag's Photo), 2017

Links/activities: [Tabata Workout for Kids](#)

4th Grade Physical Education Week 2

Lesson heading: Fitness

Overview: Students will practice fitness skills in a HIIT (High Intensity Interval Training) workout. (S3.E1 S3.E2)

Estimated time: 20 minutes

Explanation of activity: Choose a level of intensity that is challenging for you by performing as many reps as possible for 30 seconds in the Harry Potter-themed Core HIIT workout.

Quick things to know: (1) AMRAP stands for as many rounds or reps as possible for time. (2) AMRAP is under the umbrella of HIIT (High Intensity Interval Training). (3) CORE HIIT workout focuses on the torso- muscles that stabilize, align and move the trunk of the body such as the abdominals, back and glutes.

Task: HIIT Workout (AMRAP/CORE) Click the link below and perform each Harry Potter-themed exercise for 30 seconds and rest for 15 seconds. Perform as many reps as possible of each exercise and modify as needed. For example, a modification for a plank on the hands and feet is to do a plank on hands and knees. Another exercise modification is to keep your head down on the floor rather than lifting the head for core exercises. Repeat this workout twice or three times and explore different exercise modifications, timing, and levels of intensity.

[Harry Potter themed HIIT workout](#)

Links/activities: [Harry Potter HIIT Additional Workout](#)

5th Grade Physical Education Week 2

Lesson heading: Fitness

Overview: Students will practice fitness skills in a Choice Tabata workout. (S3.E1 S3.E2)

Estimated time: 20 minutes

Explanation of activity: Choose a level of intensity that is challenging for you by selecting an exercise from 2 exercise choices provided in each round. For example, in round 1 you can choose to do mountain climbers or push-ups.

Quick things to know: (1) Tabata is under the umbrella of HIIT (High Intensity Interval Training). (2) The formula for a Tabata is 20 seconds of work/exercise to 10 seconds of rest for 8 rounds in 4 minutes. (3) Have fun and work at your own pace and level of intensity.

Task: Choice Tabata Workout Click the link below. Choose an exercise from the 2 exercise choices provided in each round. Perform as many reps as possible in 20 seconds and then rest for 10 seconds. Each round provides a choice of 2 different exercises. Continue this sequence until 4 minutes or the full Tabata is complete. Rest 1 minute and then repeat the Choice Tabata Workout a few more times perhaps trying the other exercise option and/or increasing the number of reps for time or level of intensity. To enrich, design your own Tabata Workout!

Links/activities: [Choice TABATA Workout](#)

6th Grade Physical Education Week 2

Lesson heading: Fitness through Yoga

Overview: Students will practice fitness skills in Yoga workouts. (S3.E1 S3.E2)

Estimated time: 20 minutes

Explanation of activity: Practice a fitness skills such as strength, balance and flexibility in a Yoga Dice Game and a Spider man Yoga Workout from Cosmic Kids Yoga Adventure.

Quick things to know: (1) If you do not have dice at home, write numbers 1-10 on small pieces of paper and scramble them up and select one piece of paper at a time. (2) Move at your own pace with proper form.

Task: (1) Yoga Dice Game Roll two dice (if you do not have dice at home, write numbers 1-10 on small pieces of paper and scramble them up and select one piece of paper at a time). Perform the yoga pose that correlates with each number on the dice or paper. Hold each pose for 5 slow breaths. To enrich create your own yoga poses to correlate with each number on the dice or paper. Enjoy with others or work alone. Have fun!



(2) **Spider man Yoga Workout** Click on link below and participate in a guided yoga workout. Enjoy alone or with others. Have fun!

Links/activities: [Spider man Yoga Workout](#)