



# Physical Education At-Home Activity Plans

## Northern Elementary & Dillsburg Elementary

Guardians and Students,

I want to make sure that you still have the opportunity to participate in Physical Education over the coming weeks, and therefore I am giving you the opportunity to still meet our fitness and movement skill goals for the year! Below, I have provided a list of six different activity plans for you to do. You may choose any of these activities. Some of these require additional resources/supplies, whereas others do not. The goal is that each week students attempt an activity plan and reach **Three Points**. You can repeat activities based on spatial limitations and equipment options. For example, if you do not have a basketball hoop, you can do the fitness sessions multiple weeks. At the completion of the plan, the student can sign it and write the reflection on how it went at the bottom. Looking forward to seeing you all again soon and continuing our learning here at school! Feel free to share pictures/videos of your progress with me on Twitter @MrSmith\_NPB or through email at [tsmith@northernnyork.org](mailto:tsmith@northernnyork.org).

Sincerely, Mr. Smith

### Activity Plans

1. Cardiovascular Fitness
2. Strength Training
3. Balance & Coordination
4. Basketball
5. Rhythmic Movement
6. Locomotor Movement

# Cardiovascular Fitness

No Resources/Supplies Required

Activity	Points	Completion (X)
Walk for 10 Minutes	1	
Run for 5 Minutes	1	
Walk for 20 Minutes	2	
Run for 10 Minutes	2	
Walk for 30 Minutes	3	
Run for 15 Minutes	3	

How did the activity go?

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Did you notice any changes to heart rate, breathing, etc. during the activity?

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Did you Reach 3 Points?      YES      NO

Student Signature: \_\_\_\_\_

# Strength Training

No Resources/Supplies Required

Activity	Points	Completion (X)
10 Push-Ups	1	
15 Sit-Ups	1	
1 Minute of Wall-Sits	1	
20 Push-Ups	2	
30 Sit-Ups	2	
2 Minutes of Wall-Sits	2	

How did the activity go?

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Did you notice any changes to heart rate, breathing, etc. during the activity?

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Did you Reach 3 Points?      YES      NO

Student Signature: \_\_\_\_\_

## Balance & Coordination

Requires Additional Resources/Supplies

Activity	Points	Completion (X)
Carry a ball on a spoon around the house	1	
Walk around the house with a pillow on your head	1	
Play "Simon Says"	2	
Jump Rope for 5 Minutes	2	
Balloon Volleyball	3	
Jump on Trampoline	3	

How did the activity go?

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Did you notice any changes to heart rate, breathing, etc. during the activity?

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Did you Reach 3 Points?      YES      NO

Student Signature: \_\_\_\_\_

# Basketball

Requires Additional Resources/Supplies

Activity	Points	Completion (X)
Make 10 Right-Hand Layups	1	
Make 10 Left-Hand Layups	1	
Make 5 Free-Throws	2	
Make 3 Three-Pointers	2	
Play 1 on 1 with someone in your family	3	
Play PIG with someone in your family	3	

How did the activity go?

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Did you notice any changes to heart rate, breathing, etc. during the activity?

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Did you Reach 3 Points?      YES      NO

Student Signature: \_\_\_\_\_

# Rhythmic Movement

Requires Internet Access

Activity	Points	Completion (X)
<i>Baby Shark</i> Dance	1	
<i>"Old Town Road"</i> KidzBop Dance Along	1	
<i>Kidz Bop Shuffle</i> KidzBop Dance Along	1	
<i>The Git Up</i> KidzBop Dance Along	1	
<i>Dance Monkey</i> KidzBop Dance Along	1	
<i>Fight Song</i> KidzBop Dance Along	1	

How did the activity go?

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Did you notice any changes to heart rate, breathing, etc. during the activity?

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Did you Reach 3 Points?      YES      NO

Student Signature: \_\_\_\_\_

# Locomotor Movement

No Resources/Supplies Required

Activity	Points	Completion (X)
Gallop for 3 Minutes	1	
Crab Walk for 3 Minutes	1	
Skip for 3 Minutes	1	
Pencil Roll for 3 Minutes	1	
Forward Roll for 3 Minutes	1	
Frog Jump for 3 Minutes	1	

How did the activity go?

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Did you notice any changes to heart rate, breathing, etc. during the activity?

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Did you Reach 3 Points?      YES      NO

Student Signature: \_\_\_\_\_