

## Home Fitness

Contact: [kerry\\_pollock@sd33.bc.ca](mailto:kerry_pollock@sd33.bc.ca)

Or on Teams - Physical Education Team CLCSchool. If you do not have this team, please contact me via email and I will add you to the group. There are lots of activities and ideas to help you keep active at home.

### Warm-Up

Begin with a warm-up activity to get your muscles warm. You might try some from *Alphabet Exercises* (on Physical Education Team) or do some exercises on the spot like lunges, running in place, or jumping jacks.

### Main Activity

Your work-out may be playing hockey or soccer or riding your bike. Maybe you go for a walk or a hike with your family. Maybe you like to dance or do rhythmic movements. Don't forget scootering, rollerblading and skateboarding. These all count for daily activity and fitness. The focus is on movement so do something that you like and keep at it. Also, there are some gymnastics and skipping activities on Teams. Remember we should be physically active for 60 minutes per day.

### Cool Down

Ideally, we should do some stretching after physical activity. Try some *Stretches* or do some *Yoga* (both on Teams).

### Calm Down

Meditation or quiet time is an important part of healthy living. We are supposed to have 20 minutes of quiet time every day. You don't have to do it all at once. Take a few minutes for quiet breathing a few times a day and build on that. Look on PE Teams for other ideas and supports for your well being.

# May DPA@ Cultus Lake Community School Name: \_\_\_\_\_

<p>Purpose: To encourage each one of us, students and families to be physically active. <i>GOOD LUCK!</i>          Teacher: kerry_pollock@sd33.bc.ca</p>	<p>Directions: After a student completes a day's activity, an adult may check off and initial in the space provided. You may do more than one activity each day. At the end of May, hand it in through Teams assignments or by email attachment. Stay active and be well.</p>
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Done	Day	Daily Physical Activity (DPA)
	1	Spring into action! Find someone to do 20 jumping jacks with you.
	4	Say your 3, 4, 5 times table while doing lunges right and left.
	5	Try different ways to balance using 2, 3, 4 body parts.
	6	Take a walk.
	7	Find 2 people. Do 30 jumping jacks together.
	8	How many chairs and tables can you climb under in your house?
	11	Pop can have 39 grams of sugar. Do 39 mountain climbers.
	12	Do as many squats as you can.
	13	Do push-ups while you spell words from your word list.
	14	Pick 5 muscles to stretch. Hold each one for 20 seconds.
	15	Find 3 people or family pets. Do 40 jumping jacks together.
	18	Run in place as you count to 150!
	19	Walk around your house balancing a book on your head for as long as you can.
	20	Try throwing and catching a small soft object with just one hand.
	21	How many ways can you bend, twist, and turn your body?
	22	Jog in place for a 280 count.
	25	1 Vs. 1 Tag—play against someone else. Take it outside.
	26	Challenge your family to a plank competition.
	27	Do burpees while naming all the teachers at Cultus.
	28	Find 1 person and sit back to back. Stand up without using your hands.
	29	Read a book while doing a wall sit.
	30	Do as many curl-ups/sit-ups as you can.

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

Month: \_\_\_\_\_

## Physical Education Activity Journal

*\*You only need to complete activities Monday-Friday, but you are welcome to record your weekend activities as well\**

Date	Activities Performed – Skills Developed:	Minutes of Activity:
1		
2		
3		
4		
5		
6		
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9		
10		
11		
12		
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30		
31		

**Movement Skills and Strategies:**

\*Please check off some of the movements you completed\*

- Throwing
- Dribbling
- Passing
- Kicking a Ball
- Catching
- Striking/Hitting a Ball
- Galloping
- Jumping
- Hopping
- Balancing
- Bending
- Rolling
- Twisting

**Games:**

- Basketball activity
- Soccer activity
- Ball or Floor Hockey
- Tag Skills
- Other Team/Family Partner Game:  
\_\_\_\_\_

**Rhythmic Activities:**

\*Activities designed to move our bodies in rhythm

- Dancing
- Gymnastics
- Zumba
- Aerobics

**Student Reflection**

Something I want to learn more about is:

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Something I enjoyed participating in was:

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Draw a picture and keep a tally DPA Record for May Name: \_\_\_\_\_

Bike	Climb
Tally ###	Tally
Walk	Hike
Tally	Tally
Soccer, Hockey & Games	Rollerblade
Tally	
Scooter or Swim	Dance
Tally	



Tally space \_\_\_\_\_

# Alphabet Exercise

[www.TheOTtoolbox.com](http://www.TheOTtoolbox.com)



arm rolls



butterfly legs



crab walk



duck walk



elephant trunk swing



frog hops



giant leaps



high knees



incline climb



jumping jacks



knee squats



lunges



mega jumps



neck rolls



overhead stretches



push ups



quad stretches



run in place



snake slither



toe touches



under-over maze



vertical wall taps



windmills



x marks the spot  
exercise



yoga pose



zig zag run



hop on  
both feet



sitting  
toe  
touches



jumping  
jacks



elbow to knee



bear crawl



balance on 3



run in  
place



plank



hop on  
one foot



balance on  
one foot

high knee  
step



balance on  
one foot

crab walk



straddle stretch



standing  
toe  
touches



leg lifts

