

Physical Education at Home: Week 1

Each day you can choose your workout! Pick one of the daily exercises or choose an exercise to do from the daily choices list on the left.

HAVE FUN and STAY ACTIVE!

Daily Choices

- Create your own Superhero Training course in your backyard
- Design a Hopscotch and have someone try it out!
- How many ways can you jump over a rope?
- Create your own game using a balloon and an implement
- Build a cup tower and bowl it over with a ball
- Create an Obstacle course in your backyard
- Build a fort inside your house
- Go for a 10 minute walk with your family
- Create a dance and send a video to Ms. M.
- Play catch with a family member

Ms. Miettinen

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Be your own Superhero!
Please send me pictures or videos of you being active at my email address!

You are a Superhero!

My Learning Target: I can use my Superhero skills which include running, jumping, throwing, balancing and striking to create a Superhero Training Camp.

MONDAY

Online Workouts

Video (click here)
Superheroes Workout

Activity

Walk/run 5 laps around your house
OR
Vacuum your entire house

Daily Choice

Choose an exercise to do from the *Daily Choices* list on the left

Self Assessment

How did I do today?



TUESDAY

Online Workouts

Video (click here)
Superhero Squat Workout

Activity

Invent a Tag game and play it with a family member
OR
Stretch for 10 minutes

Daily Choice

Choose an exercise to do from the *Daily Choices* list on the left

Self Assessment

How did I do today?



WEDNESDAY

Online Workouts

Video (click here)
Super Yoga

Activity

Dance for 10 minutes
OR
Jump side to side over an object for 1 minute and repeat 3 times

Daily Choice

Choose an exercise to do from the *Daily Choices* list on the left

Self Assessment

How did I do today?



THURSDAY

Online Workouts

Video (click here)
Avengers Tabata Workout

Activity

Play outside for 20 minutes
OR
Do as many push ups as you can

Daily Choice

Choose an exercise to do from the *Daily Choices* list on the left

Self Assessment

How did I do today?



FRIDAY

Online Workouts

Video (click here)
Superheroes Workout

Activity

Jump rope to your favourite song
OR
Stand and read your favourite book

Daily Choice

Choose an exercise to do from the *Daily Choices* list on the left

Self Assessment

How did I do today?

