

Grade 4-6 PE / Health Activities

June 1st – June 12th, 2020

Hey Guys,

Finally, the weather has started to give everyone some quality outside time. I hope everyone is still continuing to do well and staying safe. I hope to see many of you when you are back to school these coming weeks to see your classroom teacher.

I am challenging you to **“Balance Your Fitness and Eat Healthy”** for two weeks. I would like for you to track your physical activity and what you eat for two weeks. This is a great way for you reflect on what you do for your body and what you put into your body for fuel. If you get tired, stop, rest and start again if you wish. Enjoy and have fun. Remember, send me and email or a snap of what you are doing. I would love to see and I will respond back! Make sure to say your name and which grade you are in if the video or picture is from a distance.

How to get to Mr. Williams PE Lessons Online

1. Go to the SDML website www.mysterynet.mb.ca
2. Click on schools
3. Click on Juniper School
4. Click on Parents
5. Click on Documents
6. Click on Mr. Williams
7. Click on Grade 7-8 PE/Health Activities

How to Contact Mr. Williams with Pictures or Videos

Email – bwilliams@mysterynet.mb.ca

Snapchat Account – MrWillsJaguars

Good Luck Guys! Have Fun.

Mr. Williams

“Physical Activity = Healthy Body & Healthy Mind”

Balance Your Fitness and Eat Healthy

Week June 1-5, 2020

| Week #2 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day7 | Total |
|--------------------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|--------------|
| Physical Activity | | | | | | | | |
| Eat Healthy | | | | | | | | |
| DAILY MINUTES | | | | | | | | |

Week June 8-12, 2020

| Week #2 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day7 | Total |
|--------------------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|--------------|
| Physical Activity | | | | | | | | |
| Eat Healthy | | | | | | | | |
| DAILY MINUTES | | | | | | | | |

EXAMPLES - Physical Activities and Healthy Eating Choices

| Aerobic Capacity (Physical Activity Examples) | Strength and Endurance (Physical Activity Examples) | Flexibility (Physical Activity Examples) | Eat Healthy |
|---|---|--|---|
| <ul style="list-style-type: none"> - Walking - Bicycling - Running - Dancing - Playing soccer - Playing basketball - Rollerblading | <ul style="list-style-type: none"> - Lunges - Wall Sits - Push-ups - Curl-ups - Plank-position hold - Crab Dips | <ul style="list-style-type: none"> - Calf Stretch - Hamstrings Stretch - Quadriceps Stretch | <ul style="list-style-type: none"> - No sodas today - Drink 8 glasses of water. - Try a new fruit / vegetable. - Pay attention to serving size. - No junk food today |

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|---|--|--|--|
| <ul style="list-style-type: none"> - Chores that last more than 10 minutes (like vacuuming, raking leaves, etc.) | | | <ul style="list-style-type: none"> - Have a healthy snack - Eat 5 servings of fruits and vegetables - Choose whole grains - Drink low or non-fat milk - Eat lean or low-fat meats |
|---|--|--|--|

Aerobic Capacity

Sometimes you might hear people call this *cardio-respiratory or cardiovascular endurance*. Cardio means “heart.” This literally means how much endurance your heart has and its ability to pump blood and supply oxygen to your lungs and muscles during exercise. To become more fit, choose activities that keep your heart beating for a sustained period of time like jogging, biking, swimming or playing soccer.

Muscular Strength

How strong are you? Running fast, jumping high, shooting a basketball or riding a bike up a hill require your muscles to work hard. Muscular strength is how much force your muscles exert when you are physically active. To strengthen your muscles so they are strong enough to help you do the things you want, you need to work them several times a week like with pushing, pulling, lifting and lowering. Helping with chores and doing calisthenics all help you get stronger. TV watching does not.

Muscular Endurance

How quickly do you get tired when you exercise? Muscles eventually get fatigued when they work for long periods of time. This is why your legs tire when you ask them to climb a mountain only once in a while, or why your chest is sore after doing a bunch of push-ups. Muscular endurance is the muscle’s ability to perform without getting tired quickly. Doing activities for a longer period of time helps you gain endurance.

Flexibility

How far can you bend and stretch? By now you know that muscles should be strong, but to do their very best job they need to be flexible as well. When 2 or more bones are joined together, they make a joint. For example, the elbow, hips and knees are all joints. Flexibility is the range of motion of the joints. Being flexible helps you perform better and possibly reduces the risk of injuries.

Eat Healthy

Putting the right fuel into the body to continue to be physically active is very important. Eating healthy each day is the way to maintaining a healthy body and mind.