

## Daily Challenges for Grades 1-6 PE

May 4<sup>th</sup> – May15<sup>th</sup>

Hey Guys,

I hope everyone is doing well and staying safe during this time. I have missed you all and coming to school and not having the gym a buzz with games and most importantly laughter is tough. I hope we are back to school soon. But only when it is safe for everyone to be together again.

When at school, we have gym every second day. I would like you to do the following every second day but if you go every day that is fine too. I am challenging you to do the following:

1. Must do the **Warm-up Routine** each day you do PE.
2. Choose a **Fitness Challenge** each day you do PE.
3. Choose a **Game Challenge** each day you do PE.
4. Do a different **Fitness** and **Game Challenge** each day you do PE.

It is important to remember that some of the activities progress to get a bit harder each time. So what you can do if you're in grade 1 will differ if you're in grade 6. If you get tired, stop, rest and start again if you wish. It can be at the beginning or where you left off. Enjoy and have fun. Also, send me an 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](http://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 1-6 Daily PE Challenges

### How to Contact Mr. Williams with Pictures or Videos

Email – [bwilliams@mysterynet.mb.ca](mailto:bwilliams@mysterynet.mb.ca)

Snapchat Account – MrWillsJaguars

Good Luck Guys! Have Fun.

---

Mr. Williams

**“Physical Activity = Healthy Body & Healthy Mind”**

# GOPHER Active@Home™ WARM UP

## HIGH KNEES

- 1 Stand with feet shoulder-width apart. Quickly raise one knee to hip-height.
- 2 Lower knee. Quickly raise other knee to hip-height.
- 3 Continue steps moving forward.



## WALKING TOE TOUCHES

- 1 Step forward with one foot.
- 2 Shift weight to back foot. Bend down, touch toe with opposite hand.
- 3 Stand up. Walk forward. Repeat with opposite foot.



## HEEL-UPS

- 1 Perform a slow jog.
- 2 Lean upper body slightly forward. Thighs perpendicular to floor.
- 3 Focus on touching heels to glutes on every step.



## BODY TWIST

- 1 Stand with feet shoulder-width apart, toes pointed forward.
- 2 Bend elbows. Raise arms to shoulder-height.
- 3 Keep hips square. Rotate upper body from side-to-side while looking forward.



# GOPHER Active@Home™ WARM UP 2

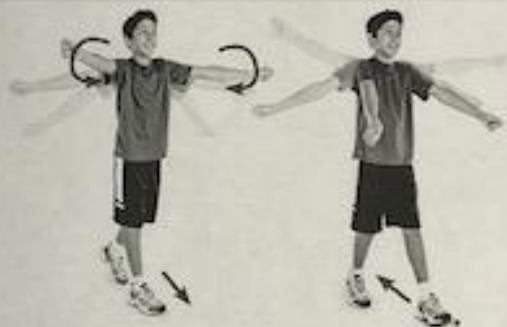
## SIDE SHUFFLE

- 1 Stand with feet shoulder-width apart. Knees bent slightly. Arms flexed in front of body.
- 2 Extend one leg to side. Keep weight on toes.
- 3 Quickly follow with other leg in same direction.



## WALKING ARM CIRCLES

- 1 Stand with feet shoulder-width apart. Raise arms to shoulder-height at sides.
- 2 Slowly walk forward making small circles with arms.
- 3 Repeat walking backwards rotating arms in opposite direction.



## JOGGING

- 1 Stand with feet shoulder-width apart, one foot in front of the other. Arms flexed in front of body.
- 2 Slowly jog forward. Move the opposite arm to leg.



## BACK PEDAL

- 1 Stand with feet shoulder-width apart. Arms flexed.
- 2 Slowly jog backwards. Gain speed when comfortable.



## Warm-Up Routine

[https://mk0bloggophersprvo63.kinstacdn.com/wp-content/uploads/2020/04/TrainingWarmUp\\_Poster\\_Final\\_PRINT\\_proofed.pdf](https://mk0bloggophersprvo63.kinstacdn.com/wp-content/uploads/2020/04/TrainingWarmUp_Poster_Final_PRINT_proofed.pdf)

The following is warm-up routine to music.

**Redfoo** - <https://www.youtube.com/watch?v=f0ZplPAW5rA>

## Fitness Challenges

**The Chair Challenge** - <https://www.youtube.com/watch?v=AKqOle-7pUQ>

Material – Chair, running shoes, sock feet or bare foot a small space

1. **Chair March** – Sit on the chair and march like a soldier (20 secs)
2. **Chair Jacks** – Jumping jacks on a chair. Arms go above your head as your legs spread apart. Then Arms back to your sides and legs together. (20 secs)
3. **Chair Jump-Rope** – Make your arms go in a circle and as they pass in front of your body, lift your feet off of the floor. (20 secs)
4. **Floor Taps** – Reach to touch the floor on the right side of the chair and then go to the other side to do the same. As you alternate sides, squeeze your core muscles. (20 secs)
5. **Elbow to Knee Twists** – Alternate sides. Fingers touch the back of your head. Left elbow moves forward and down to touch the right knee which is moving up and left to touch the left elbow. Then switch. (30 secs)
6. **Chair Crunches** – Lie on the floor with your feet and lower legs on the chair. Hands on opposite shoulders and do crunches. (20secs)
7. **Legs Over Chair** – Sit on the floor so your legs are outstretched to the side of the chair. You can sit up and use your arms to hold you. Pick up your legs, as straight as possible and swing them over the seat of the chair to the other side and touch the floor. Then go back the opposite way. Continue for 20 secs.
8. **Chair Planks** – Put your feet on the chair. Do a 20-30 sec plank on your forearms or straight arms.
9. **Chair Dips** – Your feet are slightly away from the body and you are in a sitting position with the hands holding your body up on the edges of the chair. Lower your butt closer to the floor by bending the elbows slightly and then pushing back up to straighten the arms. (20-30 secs)

**Toilet Paper Challenge** - <https://www.youtube.com/watch?v=XWGa7ytYFQk>

Materials – 4 rolls of toilet paper or tissue boxes

1. **Toilet Paper Line Jumps** – make a line from the toilet paper rolls or tissue boxes and jump continuously back and forth over them. (30 secs)
2. **Jump Turn and Stack** – Stack the toilet paper rolls or tissue boxes and face them. Bend over and pick up one and stand back up. Do a jump turn to face in the opposite direction and place the toilet paper rolls or tissue boxes on the floor. Jump turn back to the stack and continue to restack on the other side until finished. Continue for 20 secs.
3. **Plank Stack** - Stack the toilet paper rolls or tissue boxes. Do a straight arm plank with either hand placed in front of the stack. Using the opposite hand, move the stack one at a time to the other side. Then switch hands and bring it all back to the original spot. (30 secs)
4. **Push-up Stack** - Stack the toilet paper rolls or tissue boxes. Do a push-up with either hand placed in front of the stack. After doing the push-up, using the opposite hand, move the stack one at a time to the other side. Remember to do a push-up each time before moving an item. Continue until all toilet paper rolls or tissue boxes are brought back to the original spot. (30 secs)
5. **Leg Lift Stack** - Sit on the floor so your legs are outstretched to the side of the Stack. You can sit up and use your arms to hold you. Pick up your legs, as straight as possible and pick one roll or box up at a time and move it left or right to create a new stack. Then return it to the original spot.
6. **Hands to Feet Pass** – Try not to let your feet touch the floor during this challenge. Lie down on the floor out stretched and hold a roll of toilet paper or tissue box in your hands above and slightly behind your head. Then do a crunch by bringing your feet toward your stomach and your hand over your head toward your feet. Put the toilet paper roll or tissue box in between your feet and straighten out again. Then repeat and return the item to your hands and continue for 30 secs.
7. **Toilet Paper Twisters** – This is done like a Russian twist core exercise. Remember to try and keep the feet off of the floor the entire time. Sit on the floor beside a stack of toilet Paper or tissue boxes. Your knees are slightly bent. On go, activate your core and start transferring the stack to the other side of your body one item at a time. Continue going until the timer runs out. (30 secs)

**The Wall Workout** - <https://www.youtube.com/watch?v=DcfT6sX9T-c>

Material – A wall, running shoes, sock feet or bare foot a small space

1. **One Minute Wall Sit** – Self-explanatory
2. **Alternating One Leg Wall Sit** – Switch leg every 10 secs (1 min)
3. **Wall Push-Ups** - Self-explanatory (30 secs)
4. **One Leg Wall Bridge** – Lie on the floor with leg touching the wall. Hold the other straight. Pick up your bottom from the floor to do the bridge, hold for a second and then back down. Continue for 30 secs. Then switch legs and repeat for 30 secs.
5. **Wall Walkers** – Lie on the floor with the knees bent and your feet touch the wall. On go, walk your feet up the wall slightly until you are doing a bridge again. Then walk back down. Continue for 30 secs.
6. **Wall Plank** – Facing the floor, walk your feet up the wall slightly and do a straight arm wall plank for 30 secs.
7. **Wall Plank Cross-Overs** – Facing the floor, walk your feet up the wall slightly and do a straight arm wall plank. On go, bring one knee to the opposite hip. Return to the wall and repeat using the other knee. Continue for 30 secs.

**Flippy Cup Cardio Challenge** - <https://www.youtube.com/watch?v=9xegBzbrv1M>

Materials – Plastic cup, table and a timer

1. Jog a lap around your table
2. 1 lap = 2 flips
3. A successful flip = 1 point
4. Get as many points in 1 minute
5. Place the plastic cup right side up on the edge of your table. Strike it upwards and try to flip it to stand upside down. This is a successful flip
6. Remember to do a lap to get 2 more flips each time.

**Unlock my phone Challenge** - <https://www.bewellplayed.com/blog/homeunlock>

Materials – 10 Paper plates, a marker or a pen, several sheets of paper, a timer and some space.

1. Number the plates from 0-9 and lay them out like a cell phone.
2. Variation: make more space between the numbers to create more challenge.
3. Write several different combinations of 4 digit numbers on the sheets of paper.
4. On go, start the timer and try to touch the 4 digit number before the timer sounds.
5. There are different levels to the game. Level 1 is touching the 4 digit in 7 secs, level 2 is 6secs, level 3 is 5 secs level 4 is 4 secs and level 5 is 3 secs. Avoid stepping on the plates.

## **Plank Games** - [https://www.youtube.com/watch?v=oiT0\\_9nSRy0](https://www.youtube.com/watch?v=oiT0_9nSRy0)

Materials – Space to play, pieces of paper, 4 rolled up towels to make a tic tac toe board

### **Plank Tic-Tac-Toe**

1. Try to play with a partner (parent or sibling)
2. Create the tic tac toe frame
3. Make a plank and do rock, paper scissors to determine who goes first
4. Continue to plank throughout the entire game.
5. Planks can be done in different ways

### **Hand Tag**

1. You and a partner do a straight arm plank.
2. Do rock, paper scissors to determine who goes first
3. You get one try each continuously for a set period of time that you determine.
4. Tagging your opponents hand is 1 point for you.

### **Plank Air Hockey**

1. A rolled up clean pair of socks or a lid from a container can be used as the as the puck.
2. Make a straight arm plank.
3. Slide the puck between your opponent's hands. 1 point for each goal scored.
4. Played for a period of time that you determine and play 3 periods.

## **Game Challenges**

### **Grocery Bag Challenges** - [https://www.youtube.com/watch?v=U\\_ltf25uEPE](https://www.youtube.com/watch?v=U_ltf25uEPE)

Materials – 3 plastic grocery bags and some space

1. **Toss and Catch** – Toss the bag up and catch it with the same hand. Switch hands
2. **Toss and Catch with Opposite Hand**
3. **Toss, Spin around and Catch**
4. **Toss Across with Both Hands and Catch** – Have a bag in each hand. Toss the bag in the left hand up and to the right. Then toss the bag in the right hand up and to the left. Catch the bag tossed by the right hand in the left hand and catch the bag tossed by the left hand in the right hand.
5. **Toss Across and behind your Back** – Have a bag in each hand. Toss the bag in your right across your body and at the same time, toss the bag in your left hand behind your body and catch both.
6. **One Handed Juggling with Two Bags** – Hold two bags in one hand. Toss one bag into the air and then toss the second bag into the air. While both are in the air, catch the first bag with the same hand and toss it up again and then do the same for the second bag. Keep both in the air at the same time.



**Climb the Ladder** - <https://www.youtube.com/watch?v=Xtb83ybcuvq>

Materials – A ladder or something to put targets at different heights, plastic cups or targets, a small ball or a rolled up pair of socks, and space to throw

Place the targets at different heights. Choose a distance to throw from. Try to knock the targets over in the shortest amount of time or in the least amount of throws. You may make it harder by stepping away from the targets a little further.

**Skee-Ball Challenge** – <https://www.youtube.com/watch?v=0akx7ijSYx0>

Materials – A ball, paper, tape, a marker, laundry baskets or card board boxes

1. Line the baskets or boxes in a row.
2. Number the baskets from 1 to however many you have (at least 3 or 4).
3. Cut and or fold another box to make a ramp that will be placed on the first basket or box. It will need to be taped in place.
4. Stand back at a distance that you determine.
5. Roll the ball at the ramp trying to get the ball to fall into one of the baskets.
6. The number on the basket that the ball goes in determines how many points you get.
7. The close basket or box is 1 point, then next is 2 points etc...
8. Make it harder by stepping further away for the starting point.
9. Remember to stay low and roll the ball without bouncing it.

**Mouse Trap – Rolling Game** - <https://www.youtube.com/watch?v=jKAXmz6JgE>

Materials – Laundry baskets or card board boxes, plastic cups, some stuffed animals and space to play.

1. Line the baskets up in front with a cup to hold up one side like a mouse trap.
2. Place a stuffed animal in the trap.
3. Stand back at a determined spot to start the ball rolling.
4. If the ball strikes the cup it will set the trap off and you can get the item in the trap.
5. Make the game a little harder by setting the traps up a little farther away each time.

**Zip-Lock Bag Challenge** - [https://www.youtube.com/watch?v=CM\\_mWPJkxbs](https://www.youtube.com/watch?v=CM_mWPJkxbs)

Materials – Blown up zip lock bag, a timer and a chair

The challenge is to see how many times you can strike your zip lock bag in the air (keeping it in the air) while walking around the chair in one minute. If you catch the bag you have to start your counting over but the time remaining is all you have.



**Stomp Launcher Challenges** - <https://www.youtube.com/watch?v=6jW1yJMor2Y>

Materials – A serving spoon, a spatula, some laundry baskets or card board boxes, a small ball or a clean pair of rolled up socks, balled up piece of paper, some tape and some space to play.

**Make sure you have permission to use these kitchen utensils before using them.**

1. Tape the spoon and the spatula together so the working ends are opposite.
2. Place the ball on the spoon.
3. Step on the spatula end to make the ball fly
4. You may need to put something solid under the device to make the ball go higher.
5. Challenge 1 is to stomp and catch the ball
6. Challenge 2 is to stomp, clap and catch the ball
7. Challenge 3 is to stomp, and launch the ball into a target (box).
8. The targets could have a point value to make a competition against another.

**Bottle Flip Chaos** - <https://www.youtube.com/watch?v=SwjIOTx5ygA>

Materials – A water bottle filled a quarter or a third full and a timer

When the timer starts, you do 3 jumping jacks. Then you get 2 flips. A good flip is a point. Count your points. Once you have completed your 2 flips, do 3 more jumping jacks and flip again. You do the jumping jacks each time to gain the 2 flips. Count your points earned in 1 minute.

**Paper Plate Racket and Balloon Games** - <https://www.youtube.com/watch?v=eWNKrYlg7tw>

Materials – A balloon or a blown up zip lock bag, a spatula, a paper plate, some tape

1. Tape the paper plate to the working end of the spatula to make a racket.

The first challenge is to tap the balloon or blown up zip lock bag in to the air as many times as possible without letting it hit the floor.

The second challenge is to tap the balloon or blown up zip lock bag in to the air and pass the racket around your back and tap it again to keep the balloon or bag in the air. Count how many times in a row you can do this without letting it hit the floor.

The third challenge is to tap the balloon or blown up zip lock bag in to the air and then make the racket go under one leg to the other hand and keep the balloon or bag in the air. Count how many times in a row you can do this without letting it hit the floor.

The fourth challenge is to tap the balloon or blown up zip lock bag in to the air and then spin around and tap the balloon or bag in the air again. This has to be continuous. Careful to get dizzy if you are really good! Count how many times in a row you can do this without letting it hit the floor.

The fifth challenge is to tap the balloon or blown up zip lock bag in to the air 2 times. Then go touch a wall and come back and tap the balloon or bag in the air 2 times. Repeat continuously. Count how many times in a row you can do this without letting it hit the floor. Careful running!

The final challenge is tennis. Construct a second racket. Place a towel or table cloth over a couple chairs to make a net and start to play.

### **Hoop and Pole**

**Materials** - Soft ball and hula hoop (or an alternative round object)

**Learning Outcome** - Practice the movement skill of underhand roll and perform the roll while aiming for a target.

**Description** – This game originated with Indigenous Peoples to develop agility and target skills for hunting. Begin by ensuring there is enough space to do the activity and check for safety hazards. Review how to perform the underhand roll movement skill or refer to *Movement Skills Cues* to support you. One person stands on one side of the playing area with the hoop. The other person lines up on the adjacent side of the playing area with the ball. The person with the hoop rolls it across the playing area keeping it upright if possible and maintaining contact with the floor or ground. The person with the ball underhand rolls the ball, aiming to roll it through the hoop (or hitting the target that is being rolled). Switch roles periodically. For older children who can easily roll the ball through the hoop, consider challenging them to try by using an overhand throw or a kick.

### **Jump, Hop, Leap and Roll**

**Materials** - Paper, marker, small container

**Learning Outcome** -Perform a variety of fundamental movement skills and practice making patterns using these skills.

**Description** – Cut up small pieces of paper and write movement skills on each piece (e.g., write jump on 5 papers, hop on 5 papers, leap on 5 papers, roll on 5 papers, etc.). Place the papers in a small container. Ensure there is enough space to do the activity away from any safety hazards. Review how to perform each of the movement skills or refer to *Movement Skills Cues* to support you. Have the child pull 6 papers out of the container and arrange them in a line making the performance code. For example, the code may be jump, hop, hop, roll, leap, leap. Perform the code together a few times and then challenge yourself to see if you can do it by memory. For older children, consider writing a direction arrow on each piece of paper so they change directions as they perform the code (e.g., jump forward, hop backward, hop left, roll right). Continue to make new codes and perform them and change the movement skills if you want to try new movements. Other movements can include skip, run, or dodge.