

Grade 4-6 PE / Health Activities

May 19th – May 29th, 2020

Hey Guys,

I hope everyone is continuing to do well and staying safe. I continue to hope we are back to school soon. But only when it is safe for everyone to be together again.

I would like you to do the following every day but if you go every second day that is fine too. I am challenging you to do the following:

1. **“Balance Your Fitness”** for two weeks

It is important to remember that some of the activities should progress to get a bit harder each time by adding the amount of time you do each. If you get tired, stop, rest and start again if you wish. 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
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 4-6 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”

EXAMPLES

Aerobic Capacity	Strength and Endurance	Flexibility	Eat Healthy (Body Composition)
<ul style="list-style-type: none">- Walking- Bicycling- Running- Swimming- Dancing- Playing soccer- Playing basketball- Rollerblading- Chores that last more than 10 minutes (like vacuuming, raking leaves, etc.)	<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- Shin Stretch- Hamstrings Stretch- Quadriceps Stretch- Hip-flexor Stretch- Pectoral Stretch- Upper-back Stretch- Neck 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- 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 (Body Composition)

Having too much or too little body fat is not healthy. Finding the right balance is important. Body composition can be estimated using a formula called Body Mass Index (BMI). You will have to know how tall you are and how much you weigh. Eating healthy each day is the way to maintaining a healthy body and mind.