

## **Grade 1-3 PE/Health Activities**

May 19<sup>th</sup> – May 29<sup>th</sup>, 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 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 an **activity** each day.
3. Try to create a **healthy snack** for yourself each day

It is important to remember that some of the activities progress to get a bit harder each time. 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 1-3 PE/Health Activities

### **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.

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Mr. Williams

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

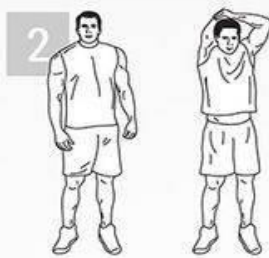
**Physical Activities**

# warm up

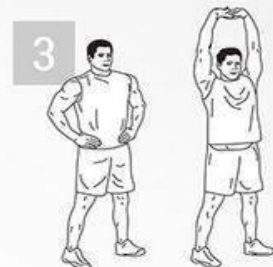
6 reps each © neilarey.com



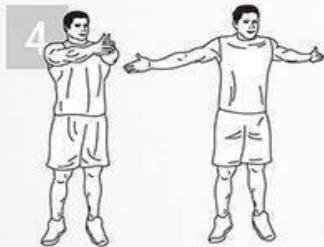
neck stretch



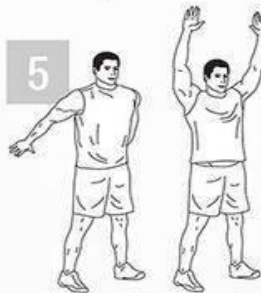
tricep stretch



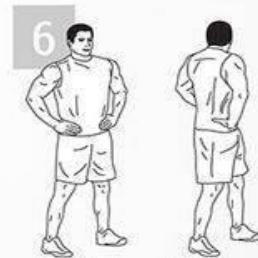
shoulder stretch



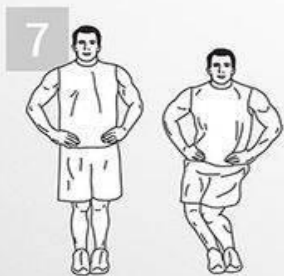
dynamic chest



dynamic back



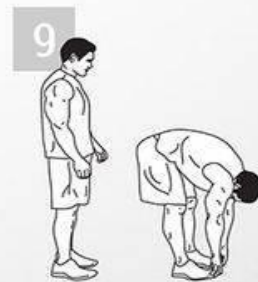
mid back turns



knee circles



hip circles



toe touches

# 2-minute warmup

BY DAREBEE © [darebee.com](http://darebee.com)  
Repeat each exercise for 10 seconds.



hops on the spot



side-to-side hops  
single leg



hops on the spot



side-to-side hops  
feet together



alt back expansions



chest expansions



arm circles (wide)



arm circles



hops on the spot



side-to-side hops  
single leg



hip rotations



torso rotations

**Online Activities** - Choose a different activity each day.

Kids Workout NRG Burn 1 - <https://www.youtube.com/watch?v=tjfK5I4pbQQ>

Kids Workout NRG Burn 2 - <https://www.youtube.com/watch?v=6f2o2UZtg9I>

Kids Workout NRG Burn 3 - <https://www.youtube.com/watch?v=CAC8KcuAP6I>

Kids Workout NRG Burn 4 - <https://www.youtube.com/watch?v=n2OnlycDWdw>

Kids Workout NRG Burn 5 - <https://www.youtube.com/watch?v=3pFE1uoKe-A>

### **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.

### **Just Dribble It**

Materials - Paper, marker, ball to dribble (soccer or basketball)

Learning Outcome - Demonstrate dribbling with hands while moving and performing various actions.

Description –

Ensure there is enough space to do the activity away from any safety hazards. Cut up a paper in small pieces and write down an action on each paper.

Some examples are:

- clap one time
- clap two times
- figure 8 around the legs
- around the waist
- around the legs
- dribble high and then low

Review how to perform the dribbling (with your hand) movement skill or refer to *Movement Skills Cues* to support you.

Spread out the pieces of paper around the playing area. Call out an action (e.g., figure eight) and the child finds the associated paper and performs the action (support early literacy learners with reading the actions).

After performing the action, the child picks up the paper and moves it to another location in the playing area. Play for an allotted amount of time.

If a child is unable to dribble, have them do the activity using another fundamental skill moving and performing the action at each paper.

### **Pin in the Middle**

Materials - One ball per player, pin to knock over (e.g., plastic bowling pin, pylon, plastic bottle)

Learning Outcome - Perform the movement skill of kicking and practice hitting a target.

Description –

Ensure safety hazards are moved out of the way before beginning the activity. Review how to perform the kicking movement skill or refer to *Movement Skills Cues* to support you. This activity is best played with at least two players.

Place the pin in the middle of the playing area and have a player line up on opposite sides of the pin. On the count of three, both players kick their ball toward the pin at the same time. A point is scored each time the pin is knocked down. With each successful knockdown, players take one step back from the pin.

For older children, place multiple pins down and time them to see how long it takes to knock down all the pins. Try to beat your best time.

## **Health**

### **CrEATe Your Own Snack**

[https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/K-3/Healthy%20Eating/K-3%20HE\\_CrEATe%20a%20Healthy%20Snack.pdf](https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/K-3/Healthy%20Eating/K-3%20HE_CrEATe%20a%20Healthy%20Snack.pdf)

**Materials** - Chopped vegetables or fruits (or other healthy foods), toothpicks

**Learning Outcome** - Identify healthy foods and prepare a snack.

**Description** –

Discuss with the child how healthy eating can be fun and brainstorm a vegetable or fruit creation (or other healthy foods) that you could make for a snack (e.g., car, flower, funny face, unicorn, fish, or a building block creation).

Ask the child to select vegetables or fruits (or other healthy foods) to make their creation. Ensure that an adult is washing and chopping the vegetables and fruits. The child designs their healthy snack creation and then EATS it. Consider taking a picture of the creation before it is eaten and have the child send it to a family member or friend and explain what they created.

### **Make a Memorable Meal**

[https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/K-3/Healthy%20Eating/K-3%20HE\\_Make%20a%20Memorable%20Meal.pdf](https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/K-3/Healthy%20Eating/K-3%20HE_Make%20a%20Memorable%20Meal.pdf)

**Material** - Index cards or small pieces of paper, ingredients for your favourite family meal

**Learning Outcome** - Identify healthy foods and prepare a snack.

**Description** –

Discuss the benefits of eating meals with others. For more information, visit Canada's Food Guide webpage Eat Meals with Others. Talk with the child about times you eat together and how it makes them feel. Also talk about suggestions to improve how you could connect better when eating meals together. Think about questions or topics of conversations that you could have over a meal and write them down on index cards.

Choose one of your family's favourite recipes and prepare it together. Be sure that an adult cleans and chops the food, as well as uses the oven or stove. Set the table and have the child add any other details you would like (e.g., flowers, name cards, etc.). Enjoy the meal together and have the child read the conversation cards and discuss them together.