

Physical education – Grade 1

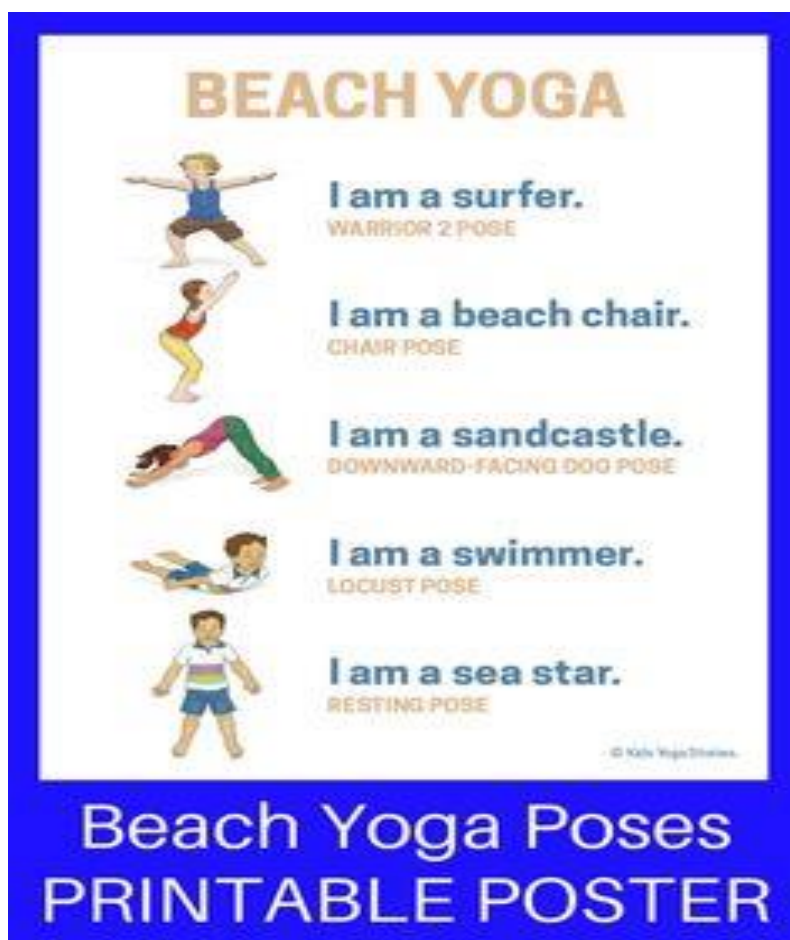
4/5 – 8/5 (Strength)

Instructions: Parents please demonstrate movements to assist learners at home. Remember physical activity is essential during this period but don't forget to ENJOY yourself!



Monday

Warm up: (Hold each position for 10 seconds)



Activity:

Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Tuesday

Warm up:

x 20 frog jumps



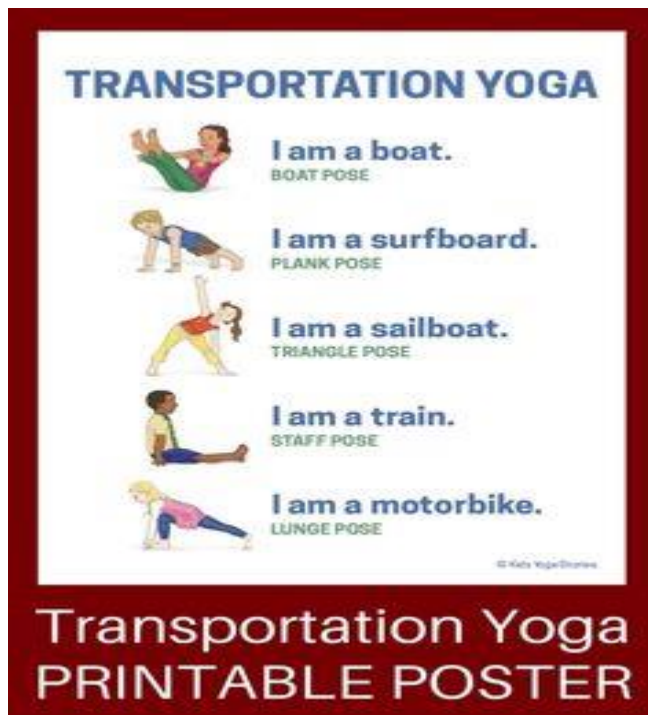
Activity:

- * Jump 10 times on your left leg
- * Jump 10 times on your right leg
- * Do 10 "bunny hops" forward
- * Do 10 "bunny hops" backwards
- * "Snake crawl" as far as you can



Wednesday

Warm up: (Hold each position for 10 seconds)



Activity: (Do the exercises in sequence if you don't have a dice)



Thursday

Warm up:

20 x jumping jacks



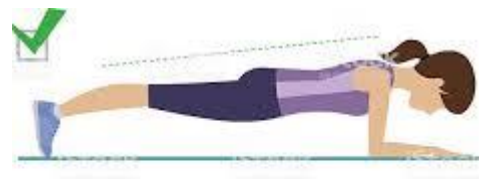
Activity:

Plank challenge!!

Hold the plank position as long

As you can.

Do it 5 times!!



Friday

Activity:

Play with someone!

Simon Says

Play a game of Simon Says with the following instructions:

- Jump high
- Walk like a monster
- Scratch like an ape
- Twirl
- Do Jumping Jacks
- Run in place
- Play air guitar
- Walk like a duck
- Roll over
- Be a shark
- Crawl like a baby
- Sing with a silly voice
- Stand on one foot
- Sway your hips
- March like a soldier
- Hug yourself
- Stick your fingers in your mouth
- Clap your hands
- Hand on your ear
- Hand on your knees
- Hand on your head
- Play with your hair
- Tweak your nose
- Howl like a wolf
- Bark like a dog
- Roar like a lion
- Shake your whole body
- Eat a popsicle
- Drink milk

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