



WINTER BREAK LEARNING PACKET

PHYSICAL EDUCATION

**4TH GRADE
STUDENT**

DEC 22ND – JAN 5TH

DEPARTMENT OF CURRICULUM & INSTRUCTION

Memphis-Shelby County Schools offers educational and employment opportunities without regard to race, color, religion, sex, creed, age, disability, national origin, or genetic information



ACTIVE HOME PHYSICAL EDUCATION: 3-5 Fitness Knowledge

5 Day Rotation	Day 1	Day 2	Day 3	Day 4	Day 5
Concept of Focus	I can keep an active lifestyle while staying at home from school.	I can develop my personal fitness by staying active for 60 minutes each day.	I can develop my cardiorespiratory endurance at home.	I can develop my muscular strength at home to improve overall fitness.	I can flex and extend my muscles to improve my overall fitness.
Academic Language for Today	ACTIVE LIFESTYLE A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines.	FITNESS The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.	CARDIORESPIRATORY ENDURANCE The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.	MUSCULAR STRENGTH The maximum amount of force a muscle can produce in a single effort.	DYNAMIC STRETCHING An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles.
Warm-up	Trolls September	Trolls September	Trolls September Dance	Trolls September	Trolls September
OPEN Home Activity	Fitness Knowledge Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card	Health-Related Fitness Today we're going to complete a series of Health-Related Fitness Challenges. Health Related Card	Skill Related Fitness Today we're going to complete a series of Skill-Related Fitness Challenges. Skill Related Card	Invisible Dumbbells Today we're going to complete a series of Invisible Dumbbell Challenges. Invisible Dumbbell Card	Fitness Knowledge Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card
Daily Fitness Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Mindfulness	Choose 3 poses to perform. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #1 Perform with family following the peer coaching cards. Sun Salutation #1	Choose 3 poses to perform with family. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #2 Perform with family following the peer coaching cards. Sun Salutation #2	Choose three poses to perform with family. Hold each pose for 30sec to 60 sec. Yoga Flash Cards
Assessment(s)	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log

Dear students and family members,

The physical education team at our school is working with resources from **OPENPhysEd.org** to help you stay physically active and healthy while our schools are closed. In order to meet physical education goals during this time students must be physically active for 60 minutes each day. Use this physical activity log to record your activity time.

Remember, activity time doesn't have to happen all at once. You can add up your total activity throughout the day to equal 60 minutes. Students, at the end of each day ask a family member to sign next to the day's total activity. Then, return the finished log to your physical education teacher when school is back in session.

If our schools are closed for more than 2 weeks, visit
www.openphysed.org/activeschools/activehome
to download and print another activity log.

Your physical education teachers would also like you to visit the file links for your grade level on the OPEN webpage. From there you'll be able to download and print physical education resources that are fun and can be done at home.

Thank you for your cooperation. Stay active and stay well.

Sincerely,
Your Physical Education Staff

By staying active and completing this physical activity log you're meeting the following **SHAPE America** National Physical Education Grade-level Outcomes:

Grades K-5 (Physical Activity Knowledge)

Standard 3 [E1.K,2,3a,5] Identifies active play opportunities outside physical education class (K); Describes physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family) (2); Charts participation in physical activities outside physical education class (3a); Charts and analyzes physical activity outside physical education class for fitness benefits of activities (5).

Grades 6-8 (Engages in Physical Activity)

Standard 3 [M2.6-8] Participates in self-selected physical activity outside of physical education class (6); Participates in a physical activity twice a week outside of physical education class (7); Participates in physical activity three times a week outside of physical education class (8).

Grades 9-12 (Engages in Physical Activity)

Standard 3 [H6.L1] Participates several times a week in a self-selected lifetime activity, dance, or fitness activity outside of the school day (L1).

Estimados estudiantes y familiares:

El equipo de educación física de su escuela está trabajando con recursos de OPENPhysEd.org para ayudarlo a mantenerse físicamente activo y saludable mientras nuestras escuelas están cerradas. Para cumplir con los objetivos de educación física durante este tiempo, los estudiantes deben estar físicamente activos durante 60 minutos cada día. Use este registro de actividad física para registrar su tiempo de actividad.

Recuerde, el tiempo de actividad no tiene que usted suceder de una vez. Puede sumar su actividad total durante el día para que sea igual a 60 minutos. Estudiantes, al final de cada día, pida a un miembro de la familia que firme al lado de la actividad total del día. Luego, regrese el registro terminado a su maestro de educación física cuando la escuela vuelva a la sesión.

Si nuestras escuelas están cerradas por más de 2 semanas, visite
www.openphysed.org/activeschools/activehome
para descargar e imprimir otro registro de actividad.

Sus maestros de educación física también desean que visite los enlaces de archivos para su nivel de grado en la página web OPEN. Desde allí, podrá descargar e imprimir recursos de educación física que son divertidos y se pueden hacer en la casa.

Gracias por su cooperación. Mantente activo y bien.

Attentamente,

Su personal de educación física

Al mantenerse activo y completar este registro de actividad física, cumple con lo siguiente
SHAPE America *National Physical Education Grade-level Outcomes:*

Grades K-5 (Conocimiento de actividad física)

Standard 3 [E1.K,2,3a,5] Identifica oportunidades de juego activo fuera de la clase de educación física (K); Describe actividades físicas para participar fuera de la clase de educación física (por ejemplo, antes y después de la escuela, en casa, en el parque, con amigos, con la familia) (2); Gráficos de participación en actividades físicas fuera de la clase de educación física (3a); Grafica y analiza la actividad física fuera de la clase de educación física para conocer los beneficios físicos de las actividades (5).

Grades 6-8 (Participa en actividad física)

Standard 3 [M2.6-8] Participa en actividades físicas autoseleccionadas fuera de la clase de educación física (6); Participa en una actividad física dos veces por semana fuera de la clase de educación física (7); Participa en actividad física tres veces por semana fuera de la clase de educación física (8).

Grades 9-12 (Participa en actividad física)

Standard 3 [H6.L1] Participa varias veces a la semana en una actividad de vida, baile o actividad física autoseleccionada fuera del día escolar (L1).



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



Physical Education

ACTIVITY LOG

Registro De Actividad Física De 2 Semanas

Use este registro para registrar su actividad física durante las próximas dos semanas. Pídele a un adulto que verifique con su firma que hiciste las varias actividades físicas del día.

Semana 1:

Día	Actividad 1	Actividad 2	Actividad 3	Total
Ejemplo:	jugar afuera 30 minutos	caminar con la familia 15 minutos	desafío de baile 15 minutos	60 minutos
Día 1				
Día 2				
Día 3				
Día 4				
Día 5				
Día 6				
Día 7				

Semana 2:

Día	Actividad 1	Actividad 2	Actividad 3	Total
Día 1				
Día 2				
Día 3				
Día 4				
Día 5				
Día 6				
Día 7				

DECEMBER DEAM Calendar

Drop Everything And Move

GIVE
without expectation

Name: _____

Teacher: _____

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	2	Do as many curl-ups as you can.
	3	Do 10 burpees and 10 sit-ups.
	4	Say your math facts while doing reverse lunges.
	5	Take a walk.
	6	Think: I will be the best I can be! Live this motto all day!
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	9	Do as many trunk-lifts as you can.
	10	Do 20 jumping jacks and 20 plank jacks.
	11	Do push-up shoulder taps while reciting your spelling words.
	12	Take a walk.
	13	Think: I can do hard things! Live this motto all day!
	14	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	15	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	16	Do as many squats as you can.
	17	Do 30 mountain climbers and 30 bicycle crunches.
	18	Perform squat-jumps while naming the continents.
	19	Take a walk.
	20	Think: I will train my brain (and body)! Live this motto all day!
	21	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	22	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	23	Do as many push-ups as you can.
	24	Crab walk and hold a plank as you count to 40.
	25	Read a book while doing a wall sit.
	26	Take a walk.
	27	Think: I love to challenge myself! Live this motto all day!
	28	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	29	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	30	Do as many push-ups as you can.
	31	Crab walk and hold a plank as you count to 40.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.
- ✓ It's better to give than to receive.













1 MINUTE FITNESS CHALLENGE

Name: _____ **Grade:** _____ **Class:** _____

Station #	Exercise	Challenge	#
1	Push-Ups	How many push-ups can you do?	
2	Stretch	How many muscles can you safely stretch? Hold stretches for 10 seconds each.	
3	Sit-Ups	How many sit-ups can you do?	
4	Pass and Catch	How many times can you pass and catch a foam die with a partner?	
5	Water	Remember to stay hydrated. Get 1 quick and quiet drink.	
6	Jump and Think	How many fruits can you name while jumping rope?	
7	Exercise Band Curls	How many curls can you do with the exercise band?	
8	Ball Plank	How long can you hold a plank on the exercise ball?	
9	Balance and Think	Balance on one foot. How many vegetables can you name?	
10	Jump Rope Tricks	How many different jump rope tricks can you do?	
11	Heart Rate	Take your pulse for the full minute. How many beats did you count?	
12	Fitness Knowledge	Individual Assessment Station	

HEALTH-RELATED FITNESS CHALLENGE CARD

Directions: Complete each activity at the corresponding station.

1	Cardiorespiratory Endurance	<p>Shuffle Jumps (25 Seconds) – Feet together. Jump up and scissor your legs forward and backward. Land with one foot in front of the other. Repeat and land with the other foot in front.</p> <p>Ski jumps (25 Seconds) – Stand with your feet together. Bend your knees and jump side-to-side while keeping your feet together. Keep your elbows tucked and bent to look like a skier.</p>	   
2	Muscular Endurance	<p>Arm Circles (25 Seconds) - Feet shoulder-width apart. Raise your arms to shoulder height, forming a T. Slowly make small circles with both arms.</p> <p>Standing Calf Raise (25 Seconds) - Feet shoulder-width apart. Slowly raise up onto the balls of your feet, squeezing your calves. Lower your heels back to the floor and repeat.</p>	 
3	Muscular Strength (With Exercise Band)	<p>Bicep Curl (8 to 10 Reps) - Feet together, directly on top of the center of the exercise band. Hold the ends of the band with your arms at your sides and your palms facing out. Bend your elbows and slowly bring your hands up toward your shoulders. Slowly return to the starting position.</p> <p>Squat (8 to 10 Reps) - Feet shoulder-width apart, on top of the exercise band. Hold the ends of the band with each hand at your waist. Bend your knees and sit back as if you are sitting in a chair. Keep your back straight and your heels on the floor.</p>	 
4	Flexibility	<p>Star Pose (Hold for 25 Seconds)- Feet out wide. Bend your knees slightly. Stretch your arms up and out with your palms facing the floor. Reach out through your fingertips. Relax your shoulders. Your body looks like a giant X. Breathe deeply.</p> <p>Crescent Moon Pose (Hold Each Side for 10 Seconds, then Switch) - Begin with your feet comfortably underneath you, 2 or 3 inches apart. Reach your hands up over your head with your palms together and fingers pointing to the sky. Slowly bend to the side at your waist, keeping your feet in place. Hold this pose for 10 seconds. Slowly straighten back up and repeat on the other side.</p>	 
5	Body Composition	Complete the MyPlate Activity sheet by drawing a balanced meal on the plate.	

SKILL-RELATED FITNESS CHALLENGE CARD

Name: _____ Class: _____

Directions: Complete each activity below with your partner. In the column on the right, write which component of skill-related fitness the activity focuses on.

1	Stick Grab	Make a "C" with your hand at the bottom of a yardstick that your partner is holding. When your partner releases it, how quickly can you grab it?	
2	Catch	With your partner, bounce and catch an exercise ball back and forth 10 times.	
3	Back-to-Back	Sit or stand back-to-back. Pass an exercise ball around your bodies as fast as possible 20 times.	
4	Balance Ball	Lay back on the exercise ball with your arms pointing overhead and your feet in a wide stance. Slowly bring your feet together. Try to get your feet to touch while keeping your balance.	
5	Standing Long Jump	How far out can you jump from a standing position? Repeat 5 times.	
6	Shuttle Sprints	Begin at the start line (marked by cone). Race to the end line (marked by cone). How many times can you touch each line in 20 seconds?	
7	Side Plank	Hold a side plank for a count of 15. Repeat with the other arm.	
8	Race	Safely move around the boundary 1 time. Count how long it takes to do 1 lap. If there's time, try again.	
9	Jump up	With your partner, take turns jumping up as high as you can. Jump a total of 20 times each.	
10	Dice Roll	Each partner takes one die. Decide which math operation (addition, multiplication, etc.) you want to use. Roll the dice at the same time and see who can get the answer the quickest. The first one to answer 3 the quickest and correctly wins!	
11	Hoop Drill	Place Hula Hoops in a staggered formation so that all the hoops touch (like tires at a football practice). Run through with your feet landing in every hoop. Repeat 5 times.	
12	Fitness Test	Fitness Assessment Station	N/A

SKILL-RELATED FITNESS CHALLENGE CARD

TEACHER'S COPY

1	Stick Grab	Make a "C" with your hand at the bottom of a yardstick that your partner is holding. When your partner releases it, how quickly can you grab it?	Reaction Time
2	Catch	With your partner, bounce and catch an exercise ball back and forth 10 times.	Coordination
3	Back-to-Back	Sit or stand back-to-back. Pass an exercise ball around your bodies as fast as possible 20 times.	Coordination
4	Balance Ball	Lay back on the exercise ball with your arms pointing overhead and your feet in a wide stance. Slowly bring your feet together. Try to get your feet to touch while keeping your balance.	Balance
5	Standing Long Jump	How far out can you jump from a standing position? Repeat 5 times.	Power
6	Shuttle Sprints	Begin at the start line (marked by cone). Race to the end line (marked by cone). How many times can you touch each line in 20 seconds?	Speed/Agility
7	Side Plank	Hold a side plank for a count of 15. Repeat with the other arm.	Balance
8	Race	Safely move around the boundary 1 time. Count how long it takes to do 1 lap. If there's time, try again.	Speed
9	Jump up	With your partner, take turns jumping up as high as you can. Jump a total of 20 times each.	Power
10	Dice Roll	Each partner takes one die. Decide which math operation (addition, multiplication, etc.) you want to use. Roll the dice at the same time and see who can get the answer the quickest. The first one to answer 3 the quickest and correctly wins!	Reaction Time
11	Hoop Drill	Place Hula Hoops in a staggered formation so that all the hoops touch (like tires at a football practice). Run through with your feet landing in every hoop. Repeat 5 times.	Agility
12	Fitness Test	Fitness Assessment Station	N/A

INVISIBLE DUMBBELL CHALLENGE CARD

	<p>Bicep Curl</p> <ol style="list-style-type: none"> 1. Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips. 2. Curl both invisible dumbbells up toward your shoulders. 3. Lower your arms and repeat. <p>Muscle Focus: Biceps</p>		<p>Dumbbell Crunch</p> <ol style="list-style-type: none"> 1. Lay on your back with your knees bent, holding the invisible dumbbell on your chest. 2. Slowly curl your head and shoulders up, and then lower back to the starting position. <p>Muscle Focus: Rectus Abdominis</p>
	<p>Dumbbell Twisters</p> <ol style="list-style-type: none"> 1. Sit on the floor, knees bent, holding the invisible dumbbell on your chest. 2. Rotate your upper body all the way to the right and tap the dumbbell on the floor. 3. Repeat that motion to the left. 4. Count 1 rep every time you tap to the left. <p>Muscle Focus: Internal & External Oblique</p>		<p>Dumbbell Lunges</p> <ol style="list-style-type: none"> 1. Stand tall, holding the invisible dumbbells straight down at your sides. 2. Step with your right foot until your right thigh is parallel to the floor (left leg stays in place). 3. Push back up into the starting position. 4. Repeat with your left leg. 5. Count 1 rep after each left leg lunge. <p>Focus: Hamstrings, Quadriceps</p>
	<p>Dumbbell Heel Lifts</p> <ol style="list-style-type: none"> 1. Stand on your right foot with your left foot raised behind you, 6 inches off the ground. 2. Push up onto your right toe and hold for 2 seconds at the top. 3. Lower your heel. Repeat the same side. 4. Complete reps on the right side and then repeat on the left. <p>Muscle Focus: Gastrocnemius</p>		<p>Bends Ups</p> <ol style="list-style-type: none"> 1. Stand tall, feet shoulder-width apart, holding the invisible dumbbell against the middle of your chest. 2. Slowly bend over, moving your chest forward until your back is parallel to floor. 3. Slowly lift back up to the starting position, keeping your back straight and long. <p>Muscle Focus: Lower Trapezius, Erector Spinae</p>
	<p>Dumbbell Plank Rows</p> <ol style="list-style-type: none"> 1. Start in plank position. 2. Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm. 3. Back to plank position. Repeat other side. 4. Count 1 rep every time you complete a row with your left arm. <p>Muscle Focus: Pectoralis, Biceps</p>		<p>Shoulder Raises</p> <ol style="list-style-type: none"> 1. Stand tall, feet shoulder-width apart, holding the invisible dumbbells at your sides. 2. With your arms straight, raise the invisible dumbbells up and out to the sides until they reach shoulder-height. 3. Slowly return to the starting position. <p>Muscle Focus: Deltoid</p>
	<p>Dumbbell Rows</p> <ol style="list-style-type: none"> 1. Start in lunge position, left foot forward and your back long and straight. 2. Hold the invisible dumbbell in your right hand, your arm extended toward the floor. 3. Pull, bending your arm to bring the dumbbell up to your shoulder. 4. Slowly lower to the starting position. Repeat with your right arm. 5. Complete reps on the right side, and then repeat on the left side. <p>Muscle Focus: Latissimus Dorsi, Trapezius, Rhomboids</p>		<p>Dumbbell Squats</p> <ol style="list-style-type: none"> 1. Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with 2 hands at the center of your chest. 2. Squat down, keeping your knees above your toes, and then stand back to the starting position. <p>Muscle Focus: Quadriceps, Gluteus Maximus</p>
	<p>Dumbbell Triceps Push</p> <ol style="list-style-type: none"> 1. Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor. 2. Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle. 3. Push back. Extend arm until it's straight. 4. Slowly return to starting position. Complete reps on right side. Repeat left side. <p>Muscle Focus: Triceps</p>		<p>Standing Dumbbell Twisters</p> <ol style="list-style-type: none"> 1. Stand tall, feet shoulder-width apart. Hold invisible dumbbell in front of you in 2 hands. 2. Slowly twist your upper body and the dumbbell all the way to the right, keeping your arms straight. 3. Slowly repeat that motion to the left. 4. Count reps every twist to the left. <p>Muscle Focus: Internal & External Oblique</p>

PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



Beginning



Cat



Chair



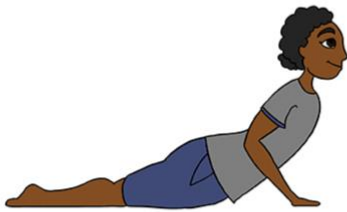
Child



PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



Cobra



Cow



Cross-Crawl 1



Cross-Crawl 2

PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



Cross-Legged



Down Dog



Goddess



Knobby-Knees

PRINT & CUT

Yoga Pose Cards

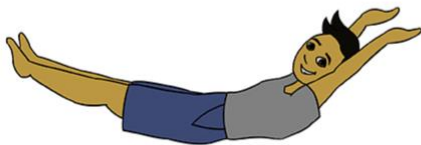
Print, Cut, Laminate



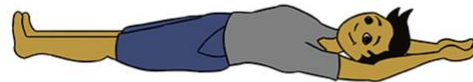
Laugh



Limp Noodle



Log 1



Log 2

PRINT & CUT

Yoga Pose Cards

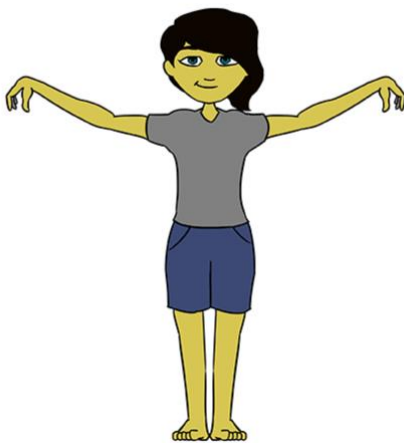
Print, Cut, Laminate



Nose



Oh No!



Owl 1



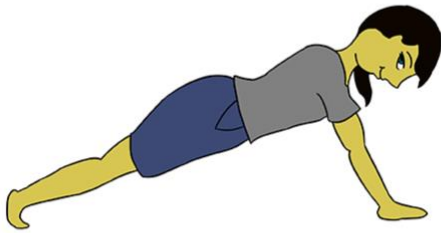
Owl 2



PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



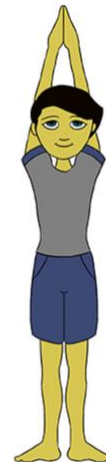
Plank



Rock



Sphinx



Tall Mountain

PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



Tree 1



Tree 2



Up Dog



Down Dog

Peer Teaching Activity Card 1: Sun Salutations

Stand in mountain pose and inhale.



Exhale. Hands to heart center or prayer.



Inhale. Reach up and back, keeping the biceps in the line with the ears and the palms facing forward. Push the hips forward and focus on extending the spine.



Peer Teaching Activity Card 2: Sun Salutations

Exhale. Fold forward and down. Keep the arms in line with the biceps and the back flat. Line the finger tips up with the toe tips and bend the knees as much as you need in order to get your hands flat on the floor.



Inhale. Step back with the right leg, drop the back knee, and look up.



Retain the breath (hold) and step back to a plank position.



Peer Teaching Activity Card 3: Sun Salutations

Exhale. Lower the chest down between the hands and the knees to the floor. Place the chin on the mat. Keep the hips up (like an inch worm).



Inhale. Slide forward into cobra pose, keeping the knees, hands, and feet in the same spot.



Exhale. Lift the knees off the floor and shift the hips back into an inverted "V," or downward-facing dog pose.



Peer Teaching Activity Card 4: Sun Salutations

Inhale. Look between and the hands and step forward with the right foot. Place the foot between the hands, drop the back knee, and look up.



Exhale. Step forward with the left foot and bring the head to the knees.



Inhale. Reach the arms out with the hands palms-down, and begin to stretch up and back. Keep the biceps in line with ears. Lift the chest and focus on thoracic extension.



Exhale. Drop the arms by the sides, returning to mountain pose.

