



WINTER BREAK LEARNING PACKET

PHYSICAL EDUCATION

**4TH GRADE
STUDENT**

DEC 22ND – JAN 5TH

DEPARTMENT OF CURRICULUM & INSTRUCTION

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AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

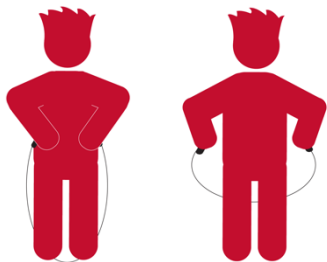
ACTIVE HOME PHYSICAL EDUCATION: JUMPING AND LANDING FOR GRADES 3 THROUGH 5

Complete the activity with a family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will live an active lifestyle while staying home from school.	I will develop endurance by performing today's learning focus activity.	I will develop my personal fitness by getting 60 minutes of physical activity.	I will find my heart rate and check to see if it beats faster while I am physically active.	I will create a simple jump rope routine and share it with a friend or family member.
Today's Vocabulary	Active Lifestyle A way of life that makes physical activity an everyday routine.	Endurance My ability or strength to continue a task our exercise without stopping. Stamina.	Routine A sequence of steps that can be followed.	Heart Rate The speed that my heart is beating, measured in beats per minute.	Fitness My body's ability to meet the physical, intellectual and emotional demands for everyday living.
Warm-Up Activity	Get Up (GoNoodle)	Turn Up The Bass (GoNoodle)	Get Up (GoNoodle)	Turn Up the Bass (GoNoodle)	You choose your favorite warm-up!
Learning Focus Activity	Activity 1: Jump Rope Progression – Practice your basic jump rope skills. Activity 2: Creative Mode Jump Rope Do as many jump tricks as you can.	Activity 1: Jumping Tabata Challenge Activity 2: Ninja Warrior Jump Challenges	Activity 1: Creative Mode Jump Rope Do as many jump tricks as you can. Activity 2: Create a jump rope routine with 3 different tricks.	Activity 1: Jumping Tabata Challenge Activity 2: Ninja Warrior Jump Challenges	Today's your day! Practice the jump rope routine that you created on Day 3 and then perform it for a friend or family member.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Mindfulness	Strengthen Focus (GoNoodle)	Relieve Anxiety (GoNoodle)	Strengthen Focus (GoNoodle)	Relieve Anxiety (GoNoodle)	Strengthen Focus (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?	  	  	  	  	  

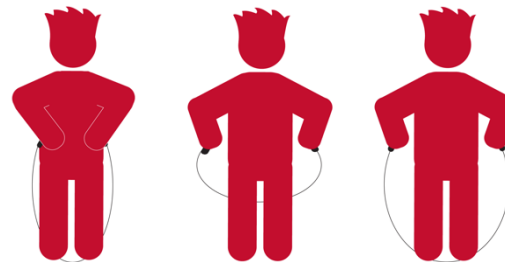
JUMP ROPE PROGRESSION CARD

Level 1



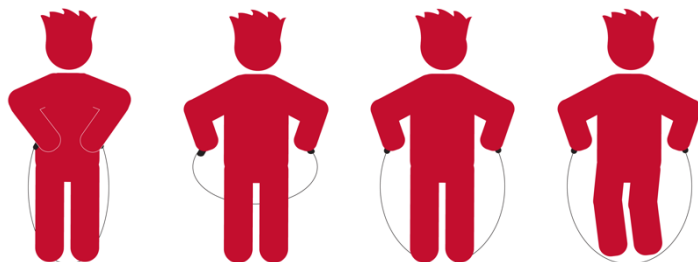
Knuckle Bump + Turn Rope

Level 2



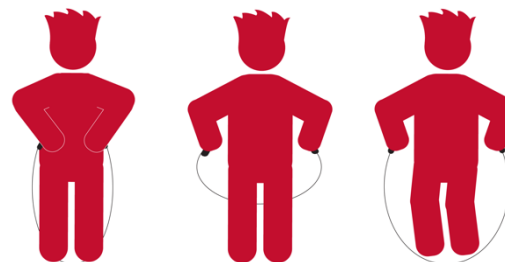
Knuckle Bump + Turn Rope + Trap with Feet

Level 3



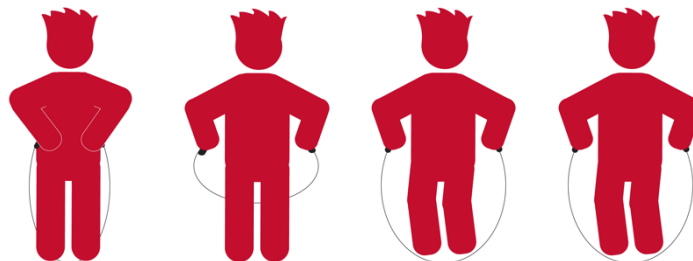
Knuckle Bump + Turn Rope + Trap with Feet + Jump Over Once

Level 4



Knuckle Bump + Turn Rope + Jump Over Once

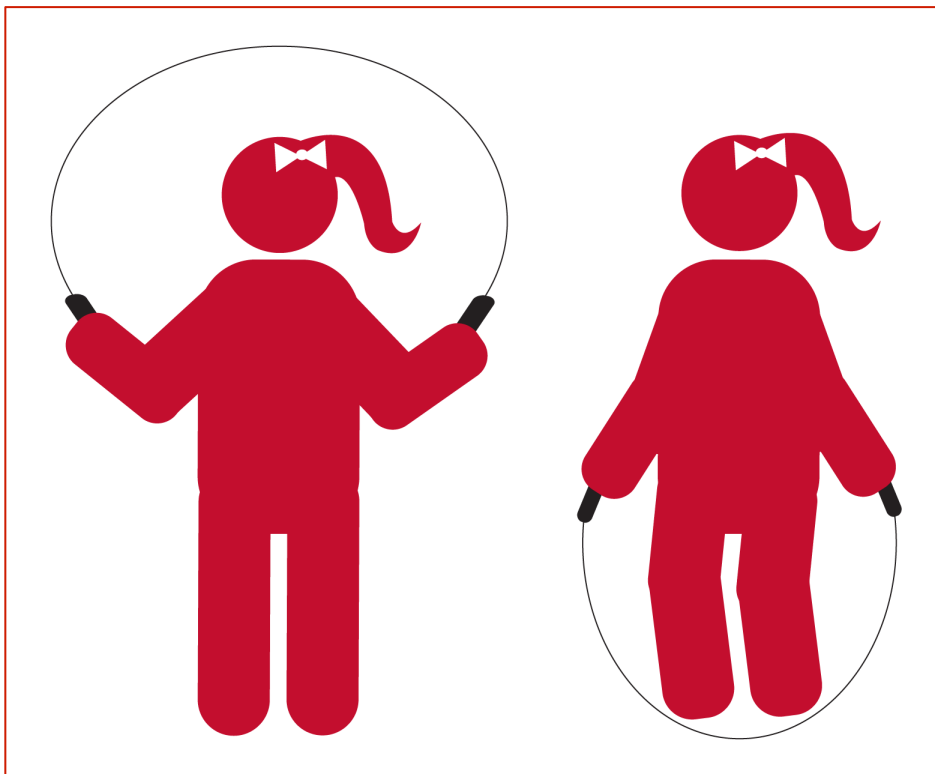
Level 5



Knuckle Bump + Turn Rope + Jump + Keep Jumping

CREATIVE MODE STATIONS

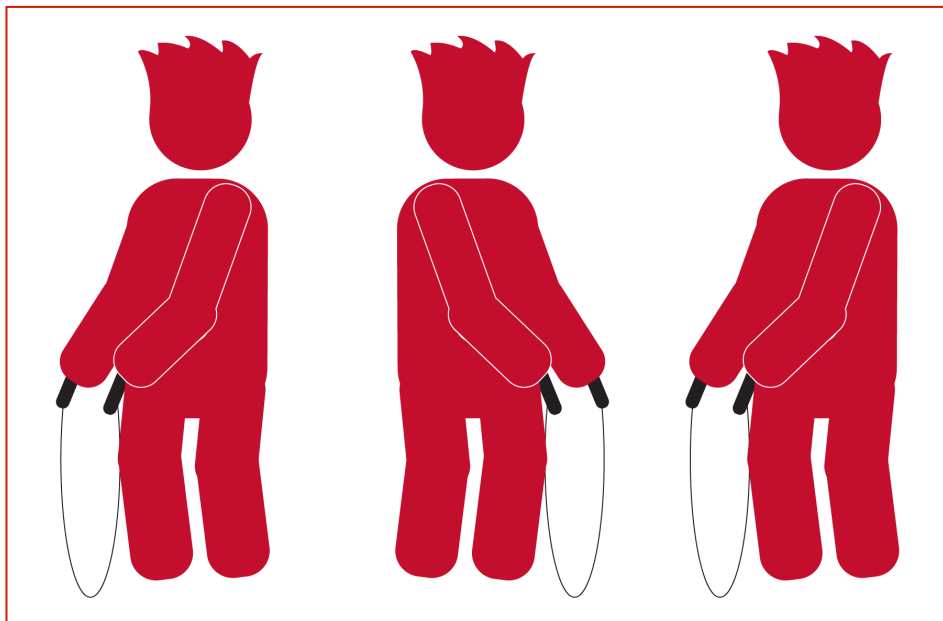
Basic Jump (2 Feet)



- Feet and knees together
- Two-foot take off and landing
- Stay on balls of feet
- ✓ JUMP, JUMP, JUMP

CREATIVE MODE STATIONS

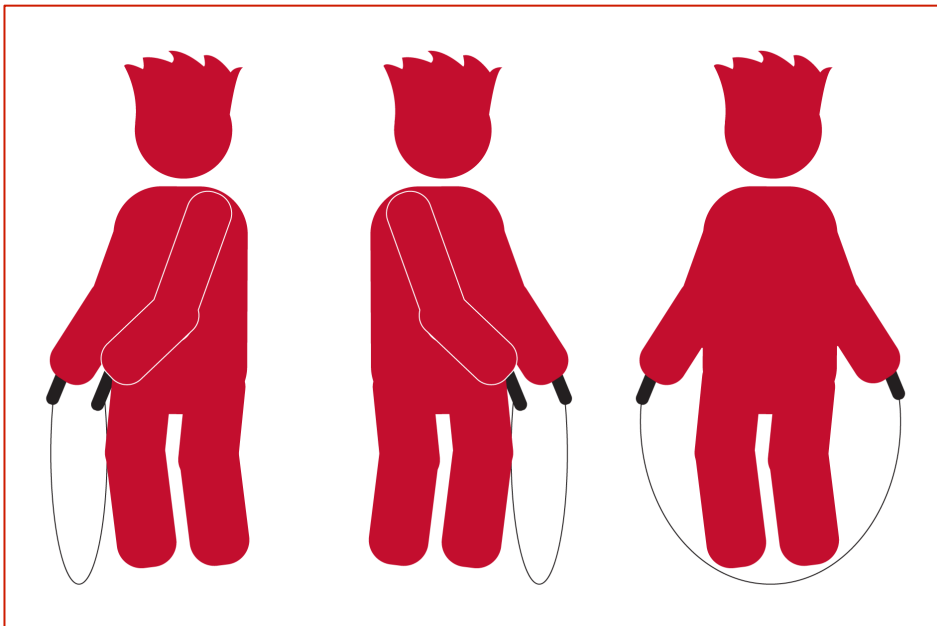
Side Turns



- Both handles swing right
- Both handles swing left
- Repeat side to side
- ✓ Right, Left, Right, Left

CREATIVE MODE STATIONS

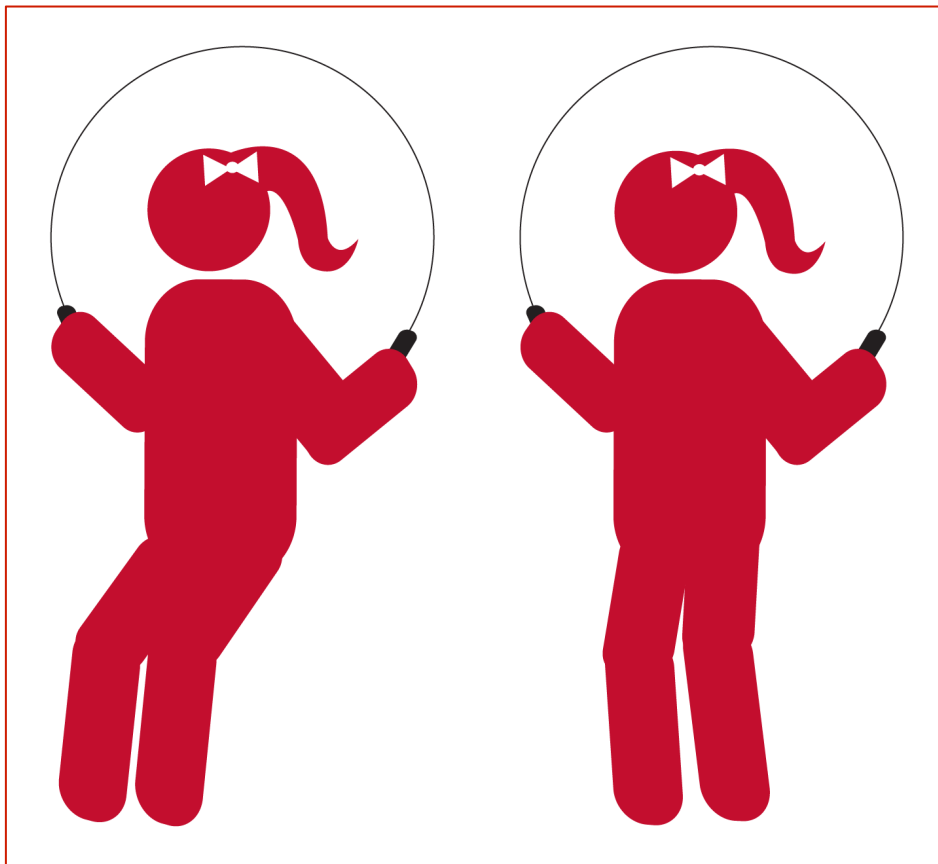
Side Turn Jump



- Both handles swing right
- Both handles swing left
- Jump to center
- ✓ Right, Left, Jump

CREATIVE MODE STATIONS

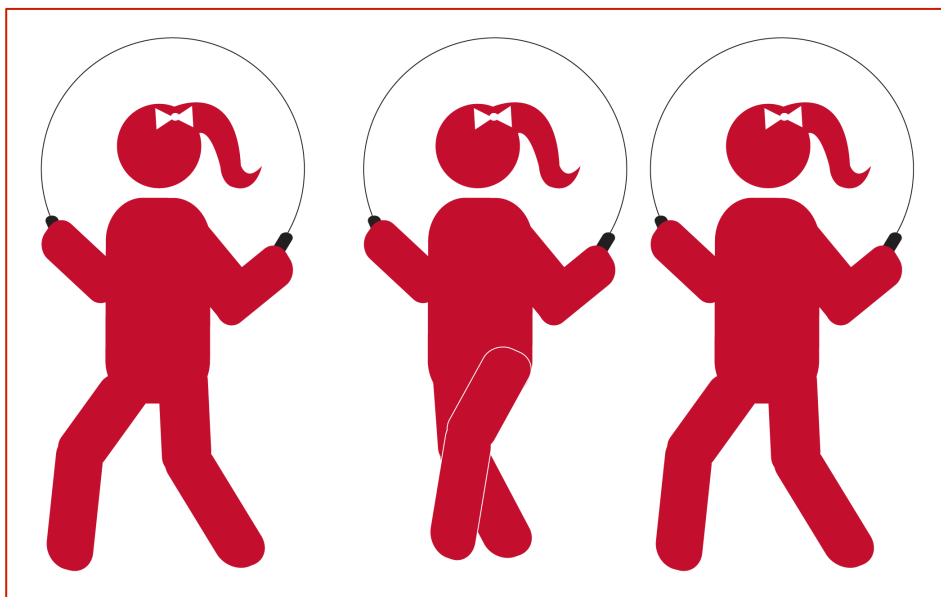
Bell Jump (Front and Back)



- Jump over forward
- Jump over backward
- ✓ Forward, Back, Forward, Back

CREATIVE MODE STATIONS

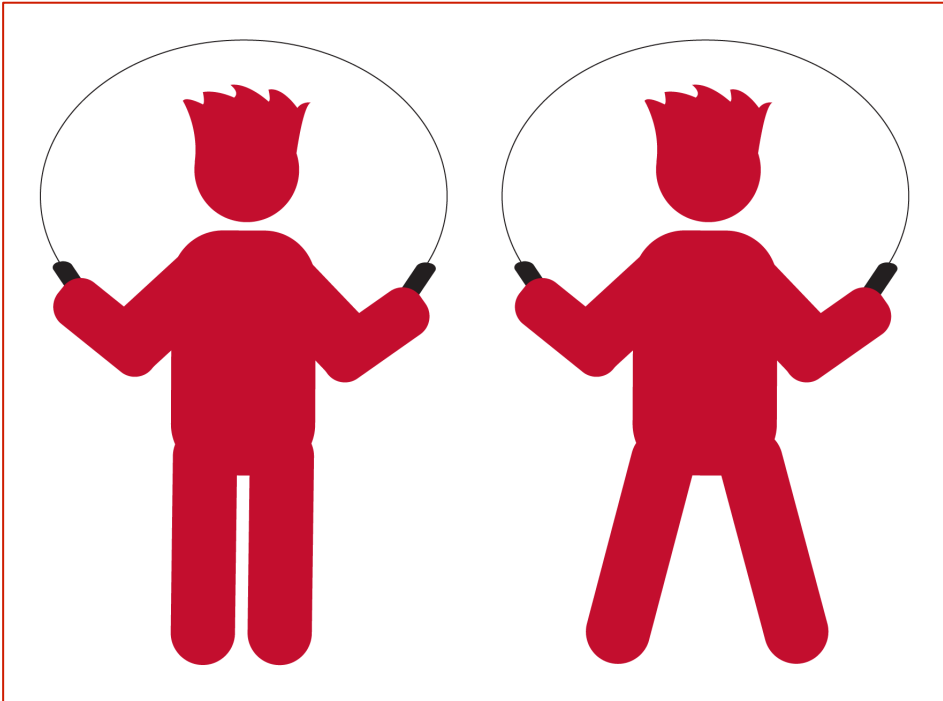
Forward Straddle Jump



- Jump & straddle right to front
- Jump & straddle left to front
- ✓ Right, Left, Right, Left

CREATIVE MODE STATIONS

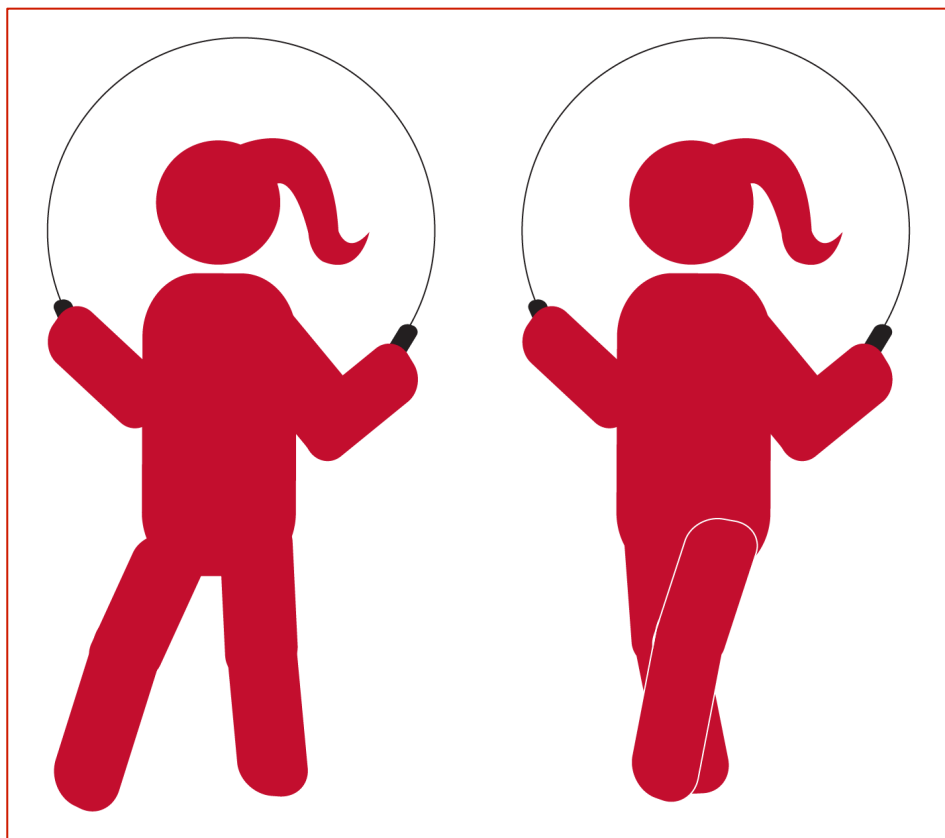
Side Straddle



- Basic jump
- Jump to straddle
- ✓ Basic, Straddle, Basic, Straddle

CREATIVE MODE STATIONS

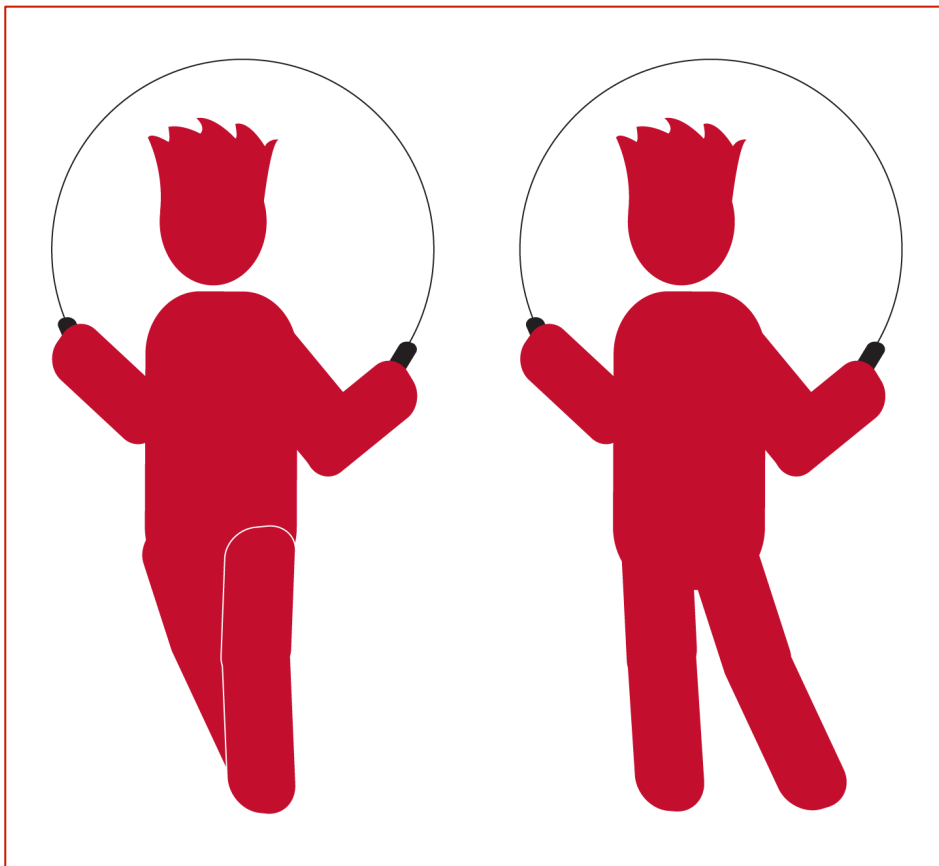
Heel to Heel



- Jump, right heel front
- Jump, left heel front
- ✓ Right, Left, Right, Left

CREATIVE MODE STATIONS

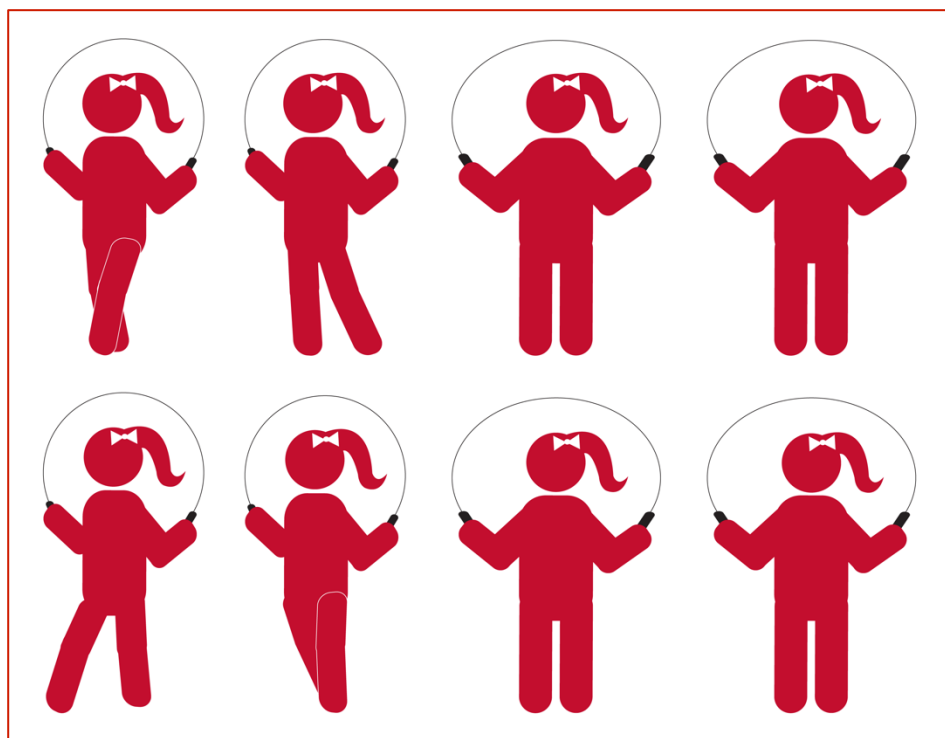
Toe to Toe



- Jump, right toe back
- Jump, left toe back
- ✓ Right, Left, Right, Left

CREATIVE MODE STATIONS

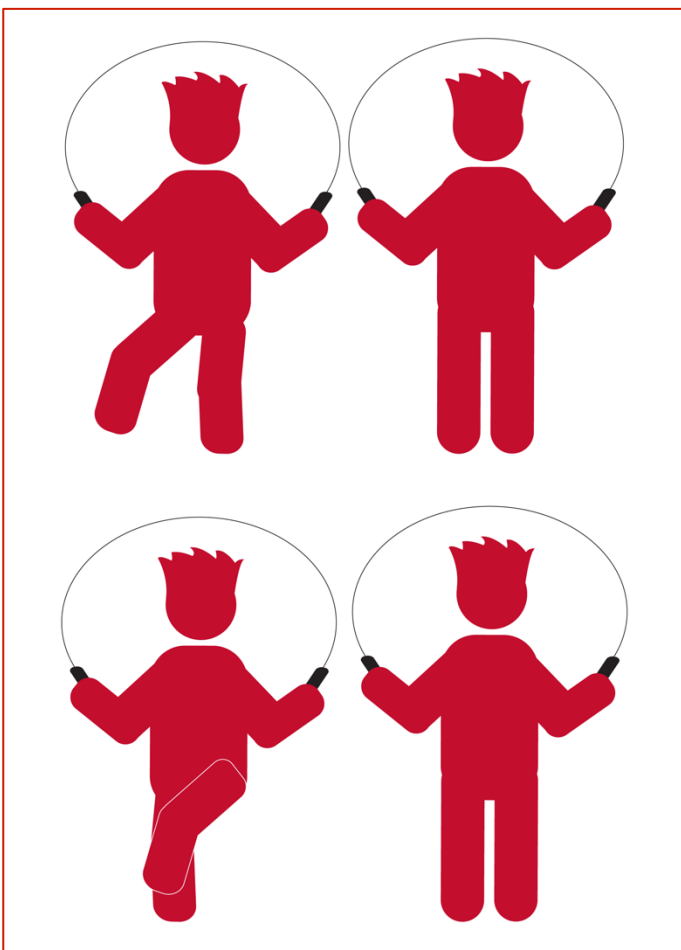
Heel Toe Bounce



- Jump, heel front
- Jump, toe back
- Bounce
- Bounce
- ✓ Heel, Toe, Bounce, Bounce

CREATIVE MODE STATIONS

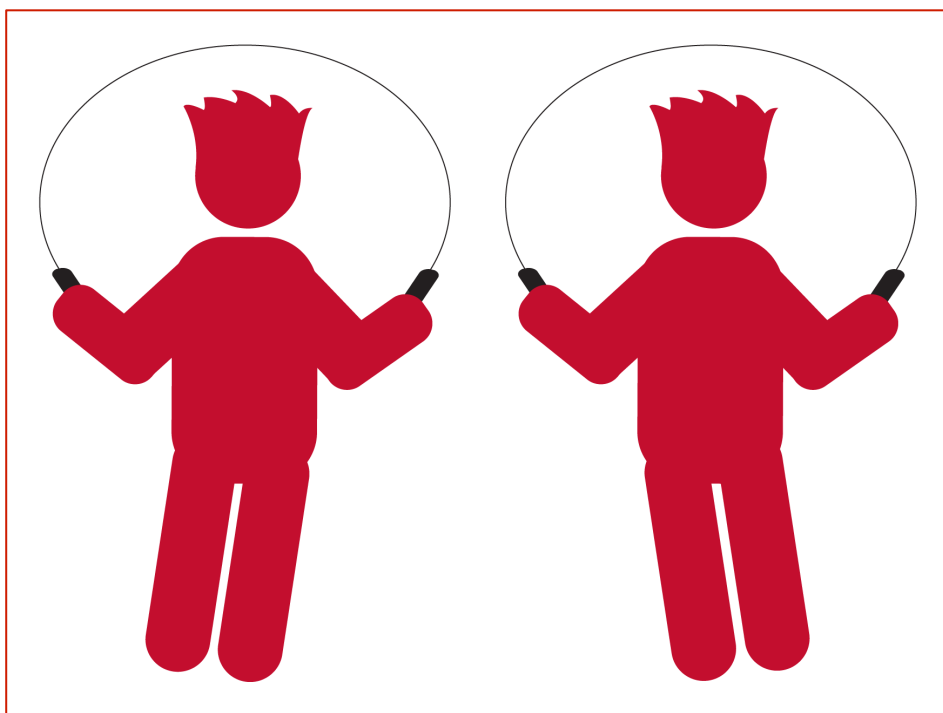
Kick Bounce



- Jump, right kick
- Basic jump
- Jump, left kick
- Basic jump
- ✓ Kick, Bounce, Kick, Bounce

CREATIVE MODE STATIONS

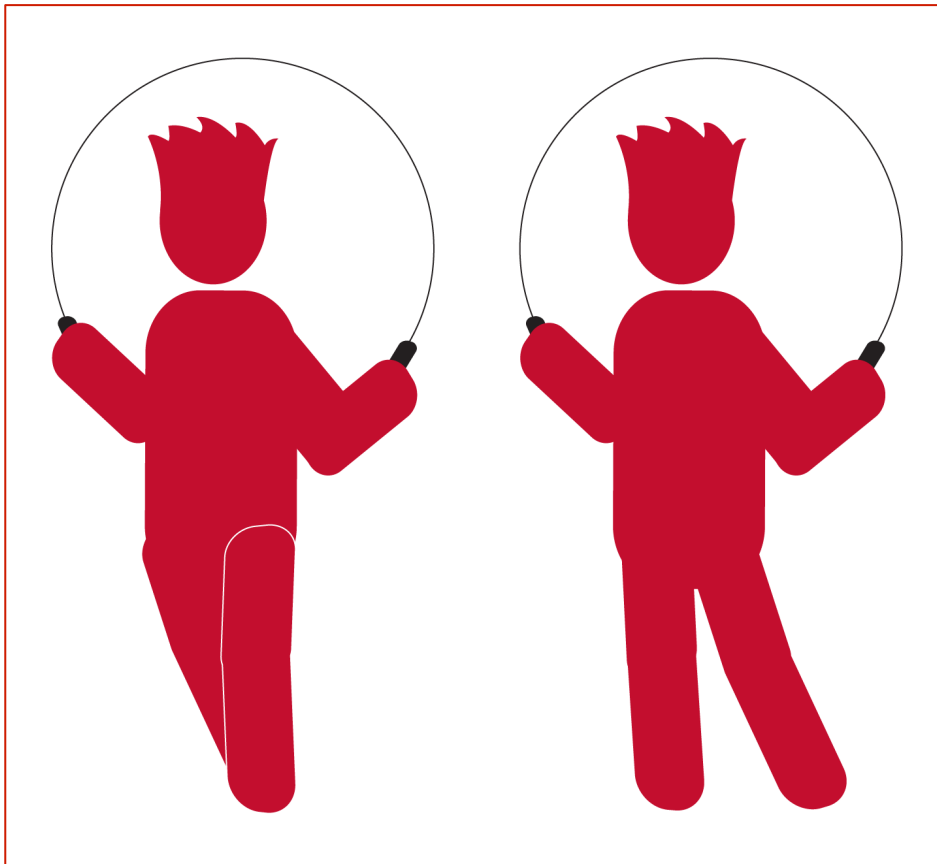
Ski Jump Side to Side



- Jump Left
- Jump Right
- ✓ Left, Right, Left, Right

CREATIVE MODE STATIONS

Double Under



- Jump for rhythm
- Jump high and double under
- ✓ Jump, Two, Three, Double

TABATA TO IMPROVE ACTIVITY CARD

4-Minute Jumping Tabata Routine

Set #	Exercise Name	Interval Start
1	Exercise: Jumping Jacks	0:00
	Rest 10 Seconds	
2	Exercise: Star Jumps	0:30
	Rest 10 Seconds	
3	Exercise: Mummy Jacks	1:00
	Rest 10 Seconds	
4	Exercise: Squat Jumps	1:30
	Rest 10 Seconds	
5	Exercise: Jumping Jacks	2:00
	Rest 10 Seconds	
6	Exercise: Star Jumps	2:30
	Rest 10 Seconds	
7	Exercise: Mummy Jacks	3:00
	Rest 10 Seconds	
8	Exercise: Squat Jumps	3:30
	Rest 10 Seconds	

NINJA WARRIOR STICK YOUR JUMP COURSE

(Hometown Challenge)

Equipment Needed: Masking Tape

Set Up: Use tape to create 2 lines 6 feet apart.

Can you stick your jumps?

Use 6 jumps to make it across the jump course (from line to line) and then back again.

Complete the pattern below.

Line = Start/Finish

R = Right Foot

L = Left Foot

X = Both Feet

R = Right Foot

L = Left Foot

S = Turn Around



NINJA WARRIOR STICK YOUR JUMP COURSE

(Regional Challenge)

Equipment Needed: Masking Tape

Set Up: Create 2 lines 6 feet apart.

Can you stick your jumps?

Use 9 jumps to make it across the jump course (from line to line).

Complete the pattern below.

Line = Start/Finish

R = Right Foot

L = Left Foot

X = Both Feet

R = Right Foot

L = Left Foot

S = Turn Around

X = Both Feet

X = Both Feet

RL = Both Feet Straddle

Landing



NINJA WARRIOR STICK YOUR JUMP COURSE

(National Challenge)

Equipment Needed: Masking Tape

Set Up: Create 2 lines 6 feet apart.

Can you stick your jumps?

Use 10 jumps to make it across the jump course (from line to line).

Complete the pattern below.

Line = Start/Finish

R = Right Foot

L = Left Foot

X = Both Feet

R = Right Foot

L = Left Foot

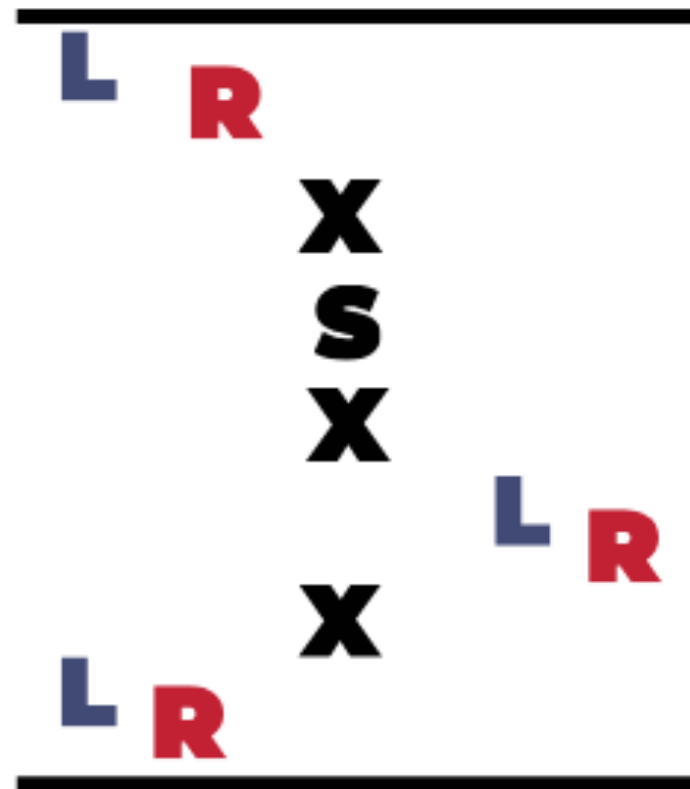
X = Both Feet

S = Switch Directions

X = Both Feet

R = Right Foot

L = Left Foot



JUMP ROPE ROUTINE TASK CARD

Group Member Names

Group Routine Criteria

- ✓ The routine must include a minimum of 4 different jump rope tricks.
- ✓ The minimum length of the routine must be 16 total jumps.
- ✓ The routine must be performed by all group members, in unison.

Required Tricks

Trick 1 _____ (4 Jumps)

Trick 2 _____ (4 Jumps)

Trick 3 _____ (4 Jumps)

Trick 4 _____ (4 Jumps)

Bonus Tricks

Trick 4 _____ (4 Jumps)

Trick 4 _____ (4 Jumps)

Trick 4 _____ (4 Jumps)

Trick 4 _____ (4 Jumps)

Activity Bonus

Step Total Goal: _____ Step Total Final: _____

Or...

Heart Rate Goal: _____ Heart Rate Final: _____



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				

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.

