

Physical Education Review Packet Grades 2-5

Attached are a few worksheets you can use to help remember some of the information we have used in PE class so far this year. This information can help you have fun and stay healthy at home. If you have access to a computer and Wi-Fi you could also visit:

choosemyplate.gov/resources

Also, remember to stay active! You can do your fitness exercises right at home which include:

Pushups, sit ups, step ups, Sunrise stretch & squats



If you have a jump rope at home keep practicing in a safe space in your backyard or driveway.

Please stay healthy and safe! Wash your hands with soap for 20 seconds and cough or sneeze in your elbow.

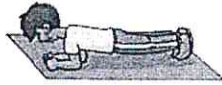
**Hope to see you soon,
Mr. Paragi, Mrs. Scaparo & Mr. Reid**

MY FITNESS WORKOUT

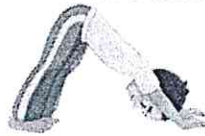
Directions: Select 3 exercises from each group to build your own fitness workout. After you have chosen your exercises, cut them out and glue or tape them below to create your personalized fitness workout. Note: You may also draw in your own. Pass in the lower section of the paper to Mr. Tiller before the end of the month!



Upper Body Exercises
→



Forearm Plank



Mountain Hold



Push-ups



Side Plank



Seal Hold

Lower Body Exercises
→



High Knees



Lunges



Back Leg Lifts



Side Lunges



Tippie Toe Hold

Core Body Exercises
→



Sit-ups



"V" Hold



Straight Leg Hold



Curl-ups



Bicycles



MY FITNESS WORKOUT

Name:

When Done Pass In This Part

Upper Body Exercises →			
Lower Body Exercises →			
Core Body Exercises →			

When Done Pass In This Part

Mission Possible - Task Sheet

Complete	Missions
	Do 8 sit-ups in each corner of the room.
	Skip one lap around the room.
	Do 12 jumping jacks.
	Touch all 4 walls of the room.
	Hop on one foot from one end of the room to the other.
	Do 15 pretend basketball shots. Nothing but net!
	Crab walk and touch 3 chairs
	Jog on the spot and sing "Row, Row, Row Your Boat".
	Pretend to jump rope for 1 minute.
	Do a wall push-up on each wall in the room.
	Do any dance move for 30 seconds.
	Complete 20 bunny hops.
	Grapevine or shuffle across the room and back 2 times.

Complete these tasks alone or do missions together as a team.

Complete the missions in any order.

When you are done with the missions, do a star jump and yell "Mission Accomplished!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. Self-Injury Awareness Day	2 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	3 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	4 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!	5 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	6 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.	7 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x
8 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side.	9 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	10 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times	11 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.	12 Happy Baby Pose Straighten your legs for an added challenge.	13 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	14 Chest Pass Practice your chest passes against a brick wall. Remember to step towards your target.
15 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.	16 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	17 Code Words While watching TV any time you hear the code words complete 10 jumping jacks. Code words: green, St. Patrick's Day, lucky, leprechaun	18 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	19 Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car	20 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!	21 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!
22 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!	23 Arm and Leg Tag A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round.	24 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.	25 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.	26 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds	27 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.	28 Vertical Jump Jump as high as you can for 30 seconds. Repeat.
29 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.	30 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	31 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	National Health Observances: <ul style="list-style-type: none"> National Nutrition Month 1st. Self-Injury Awareness Day 6th-7th National Day of Unplugging (sundown-to-sundown) 13th National Good Samaritan Day Yoga pictures from www.fortevoga.com			SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!

Red Workout

- * Jog in place for 1 minute
- * 10 R and L leg stretches
- * Plank for 20 seconds
- * 15 Scissor Jumps
- * 10 Sit Ups
- * Wall Squat 25 seconds
- * 15 Ski Jumps
- * 10 Toe Touches

Repeat For 12 Minutes

30 Second Rest in Between

Blue Workout

- * 40 Jumping jacks
- * 10 R and L arm stretches
- * 7 Squats
- * 15 Heel raises
- * 20 High knees
- * 7 Lunges
- * 15 Crunches
- * 20 Mountain Climbers

Repeat For 12 Minutes

30 Second Rest in Between

Yellow Workout

- * 40 Jumping jacks
- * 30 Second Stretch
- * 20 Back Kicks
- * 10 Squats
- * ABC Push Ups
- * 20 Jump Ropes
- * 7 Standing long jumps
- * 10 Hops each foot

Repeat For 12 Minutes

30 Second Rest in Between

Green Workout

- * Jog in place for 1 minute
- * 30 Second Stretch
- * 10 Leap Frogs
- * 10 Walking Lunges
- * 15 Squat Kicks
- * 25 Mountain Climbers
- * 15 Skips in place
- * 15 You Pick

Repeat For 12 Minutes

30 Second Rest in Between

25 WAYS TO GET MOVING!!!

1. Run in place for 30 seconds
2. Stand up and sit down 10 times
3. Stand up when it is your turn to read
4. Dance party for 1 minute
5. Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
6. Do the hokey pokey!
7. Stand up, touch your toes
8. Jumping jacks for 30 seconds
9. High five as many people as you can in 15 seconds
10. Wall Sit for as long as possible
11. Arm circles forward while reading for 30 seconds, arms circle backwards for 30 seconds
12. One minute of yoga
13. Stand on one leg for 30 seconds, then switch and stand on the other leg
14. Do 10 frog jumps
15. Mountain climbers for 30 seconds
16. 5 lunges to the right, 5 lunges to the left
17. Practice spelling while doing a 30 second plank
18. Practice spelling and do 1 squat for every vowel

19. Run in place for 30 seconds

20. Stretch your hands over your head

21. Do 20 leg lifts

22. Ball toss spelling practice! Toss the ball in the air and say a letter. Then toss the ball to someone else to say a letter

23. Practice math problems! Do a jumping jack every time the answer is an even number

24. High knees for 30 seconds

25. Do your favorite exercise for 30 seconds

A 8 Squats

B 10 Sit-ups

C 3 Diamond Push-ups

D 5 Push-ups

E 15 Seconds Wall Sit

F 4 Reverse Sit-ups

G 10 Seconds Superman
Pose

H 10 Seconds Cobra Pose

I 10 Squats

J 20 Shoulder Taps

K 15 Seconds Plank

L 8 Sit-Ups

M 5 Lunges

N 30 Seconds Wall Sit

O 30 Seconds Plank

P 20 Heel Raises

Q 10 Arm Circles

R 5 Lunges

S 10 Arm Circles

T 20 Crab Kicks

U 10 Shoulder Taps

V 10 Reverse Lunges

W 5 Side Lunges

X 30 Heel Raises

Y 5 Squats






Z 15 Seconds Cobra Pose



United States Department of Agriculture

MyPlate Plan Menu

Record the food groups you eat and drink during the day for breakfast, lunch, dinner, and your snacks.

	FRUITS 	VEGETABLES 	GRAINS 	PROTEIN FOODS 	DAIRY 
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					



Start simple
with MyPlate

Food, Nutrition, and Consumer Services
Center for Nutrition Policy and Promotion

USDA is an equal opportunity
provider, employer, and lender.

Label the parts of MyPlate



Give 2 examples of each section of MyPlate

Category					
Example 1					
Example 2					

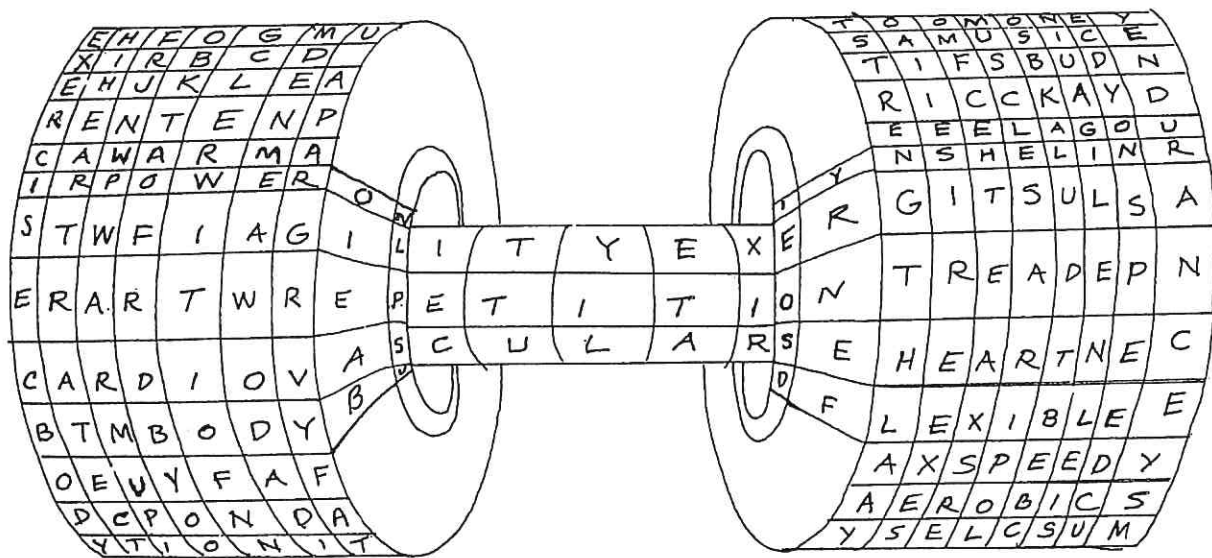
Name _____ Date _____

CONDITIONING WORD SEARCH

Locate and circle these fifteen conditioning terms.

1. heart rate	6. speed	11. aerobics
2. repetition	7. muscles	12. body fat
3. cardiovascular	8. endurance	13. flexible
4. power	9. exercise	14. agility
5. strength	10. warm-up	15. fit

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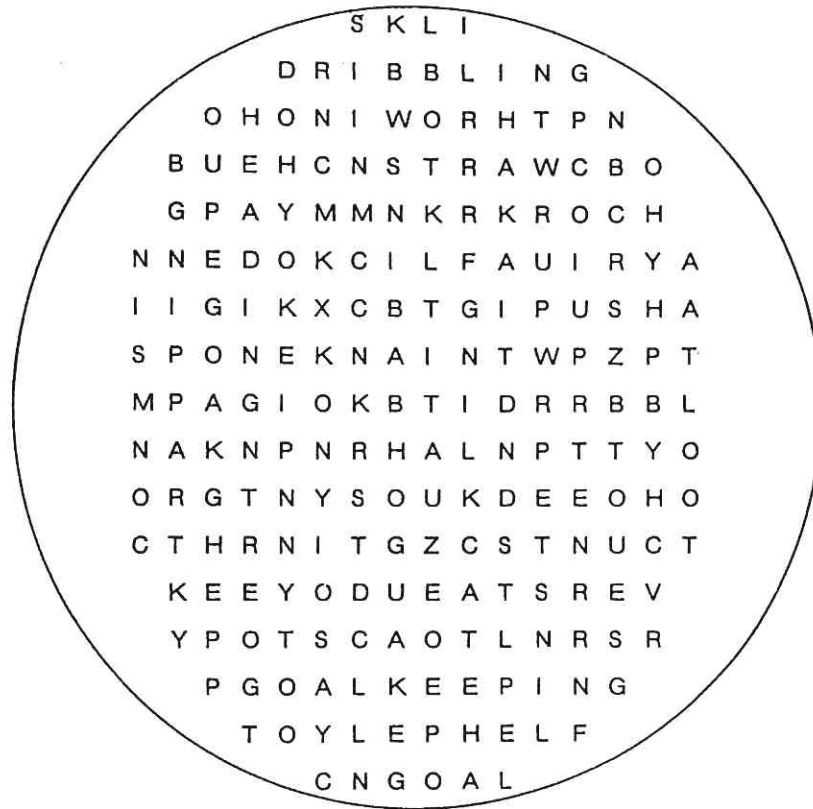


Name _____ Date _____

SOCCER WORD SEARCH

Find and circle these important soccer skills:

1. dribbling
2. flick
3. goalkeeping
4. heading
5. instep
6. kicking
7. push
8. tackling
9. throw
10. trapping



Questions to Think About:

1. How is the skill of dribbling in soccer different from dribbling in basketball?

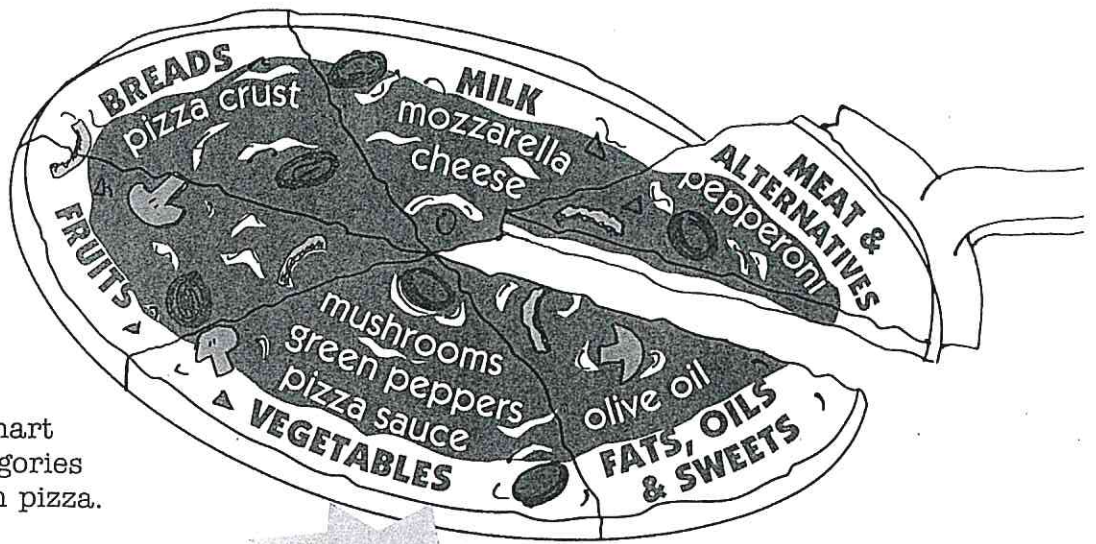
2. How is the skill of tackling in soccer different from tackling in football? _____

3. Why is soccer often called the world's most popular sport? _____

4. How many players are there on a team? _____

What if you like something that's not in the food chart?

Let's say pizza is one of your favorite foods. You can use the following pizza pie chart to see how the different categories are covered by ingredients in pizza.



It's fun and delicious, right?

Spaghetti Pizza Pies

If you love spaghetti and pizza, this recipe is for you!

- 1/2 package (6 oz.) thin spaghetti, uncooked
- 2 eggs
- 1/4 cup milk
- 1/4 teaspoon garlic powder

- 4 cups (16 oz.) shredded part-skim mozzarella cheese, divided
- 1-1/2 cups (14-oz. jar) pizza sauce
- 1/3 cup (about 2 oz.) sliced pepperoni

Break pasta into 2-inch pieces. Cook pasta according to package directions; drain. In large bowl, beat eggs; gradually add hot pasta, milk, garlic powder and 1-1/2 cups cheese. Divide pasta mixture in half; spread into two glass 9-inch pie plates, building up sides slightly. Bake in 400°F oven 15 minutes. Remove from oven; reduce temperature to 350°F. Spread pizza sauce evenly over two pies; sprinkle with remaining 2-1/2 cups cheese and pepperoni. Return to oven. Bake 25 minutes. Let stand 5 minutes; cut into wedges. 6 to 8 servings.

Nutrition Information Per Serving: Calories: 180 Protein: 11 grams
Carbohydrate: 15 grams Fat: 8 grams Cholesterol: 70 mg



Word Search

- nutrition
- protein
- meat
- fat
- carbohydrate
- fruit
- pudding
- exercise
- kids
- chocolate milk
- bread
- fuel
- snacks
- vegetable
- healthy
- pasta
- athlete
- pizza
- calories
- balance

C H O C O L A T E M I L K M
A D C T E J T N I E T O R P
R Z A P K C S U G A H P B N
B F L E S F A P L T I U R F
O M O N X U P S R V L D E E
H A R T Z E Y K I D S D A C
Y W I H T L R H R P P I D N
D V E E T Y B C T A F N S A
R S S N A C K S I L Z G Q L
A T H L E T E T R S A Z N A
T N U T R I T I O N E E I B
E L B A T E G E V S A D H P

It's snack time!

What should I eat?

When you're hungry, do you stare into the refrigerator and the cupboards, hoping that something will jump out at you? You may not realize it, but even the snacks you eat every day help you grow and are very important to your health. Snacking gives you the energy you need to do schoolwork and to play.

Is it okay to have a chocolate bar or a piece of cake, or should you eat an apple or a banana? Remember, there are no "good" or "bad" foods. It's the combination of foods eaten that matters. If you had scrambled eggs for breakfast and a hamburger and french fries for lunch, an apple or banana might be a good snack. If you had cereal and fruit for breakfast and a tuna fish sandwich for lunch, you could easily eat a chocolate bar or piece of cake and your food choices would still be balanced. You can't tell how "healthy" a diet is by looking at only one food.

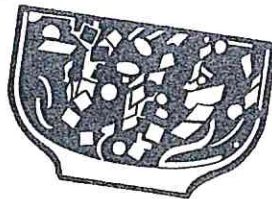
Peanut Butter 'N Chocolate Chips Snack Mix

It's quick and delicious! You and your friends will love it!

- 6 cups bite-size crisp corn, rice or wheat squares cereal
- 3 cups small pretzels
- 2 cups toasted oat cereal rings
- 1 cup raisins or dried fruit bits
- 1 cup **Hershey's** semi-sweet chocolate chips
- 1 cup **Reese's** peanut butter chips

In large bowl, stir together all ingredients. Store in air-tight container. About 14 cups mix (28 one-half cup servings).

Nutrition Information Per Serving: Calories: 120 Protein: 3 grams
Carbohydrate: 18 grams Fat: 4 grams Cholesterol: 0 mg



6 SNACK IDEAS!

Check with an adult before making them by yourself.

- 1 Make your own frozen pudding treat. Simply put one container of **Hershey's** pudding in the freezer for several hours. Open and enjoy!
- 2 Make yourself a glass of chocolate milk. (Chocolate milk and white milk have the same amount of calcium, a nutrient that helps bones and teeth develop.)
- 3 If you like cinnamon toast and peanut butter, you'll love peanut butter cinnamon toast. Just spread **Reese's** peanut butter on toast and sprinkle cinnamon sugar on top.
- 4 Try chocolate yogurt. Simply add 1 tablespoon **Hershey's** chocolate flavored syrup to an 8-ounce cup of yogurt. It's delicious!
- 5 Spread **Reese's** peanut butter on apples, celery, bananas or crackers for a quick snack.
- 6 These ready-to-eat foods are also good for mid-afternoon snacks: pretzels, apples, bananas, grapes, raisins, candy bars, crackers or yogurt.



If you have questions or comments about this brochure or **Hershey's** products call toll-free 1-800-468-1714 or write to:

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