

Physical Education Review Packet Grades K-1

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 wifi you could also visit these Food and Nutrition websites which are right on our district website under BHA (weblinks) or go to:

pbskids.org/sesame/games/super-salad-diner/

pbskids.org/sesame/games/cookie-monsters-foodie-truck/

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

Pushups, rocking horses, toe raises & superman



If you have a jump rope at home keep Practicing if you have 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 MISSING LETTER

a, b, c



7 JUMPING JACKS

d, e, f



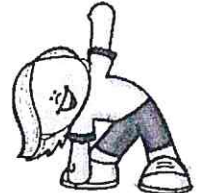
7 SQUATS

g, h, i



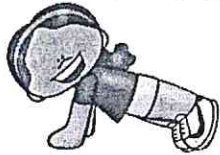
JOG 3 LAPS

j, k, l



25 WINDMILLS

m, n, o, p



7 PUSH-UPS

q, r, s



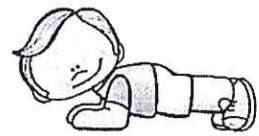
25 LEG LIFTS
EACH LEG

t, u, v



20 SECOND
STRETCH BOTH
LEGS

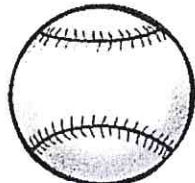
w, x, y, z



30 SECOND
PLANK



at



b ll



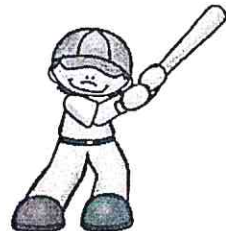
hoo



all



love



b tter



whist_e



drib_le

FINGER FITNESS 1.0

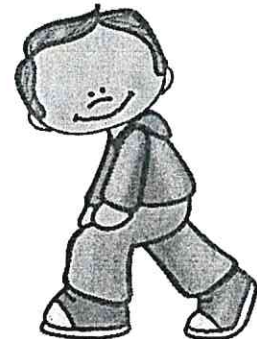
Directions: Count the fingers to find out how many of each exercise to perform



**Elbows
To Knees**



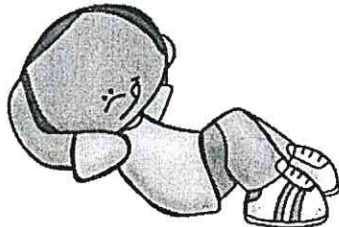
**Calf
Stretch**



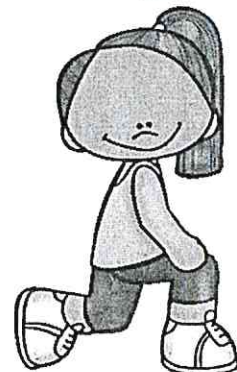
Both Legs!!!



Curl-ups



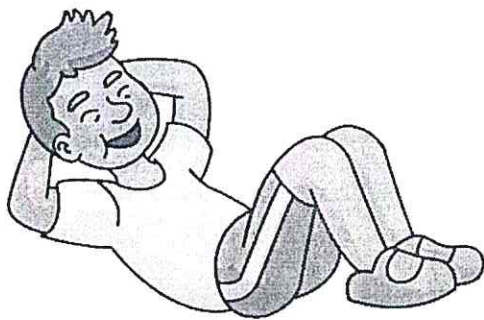
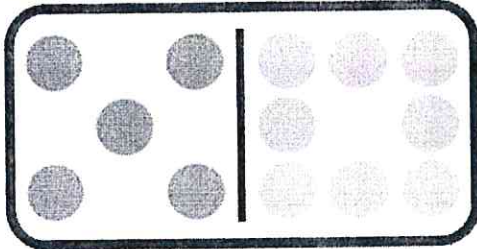
Lunges



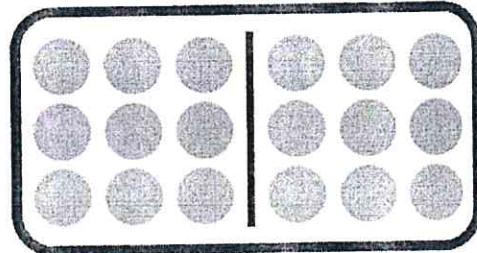
Both Legs!!!

DOMINO FITNESS 1.0

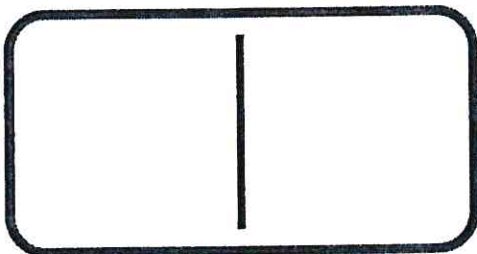
Directions: Count the number of dots on each domino to find out how many of each exercise to perform.



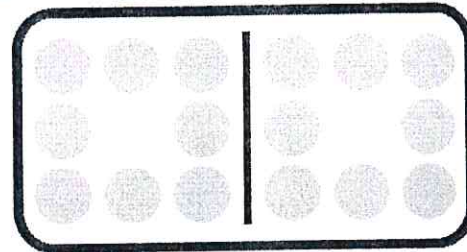
Sit-Ups



Jumping Jacks



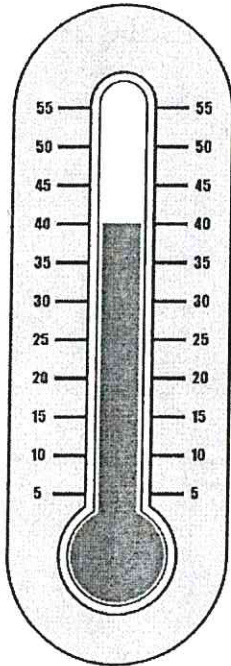
**Lunges
(Both Legs)**



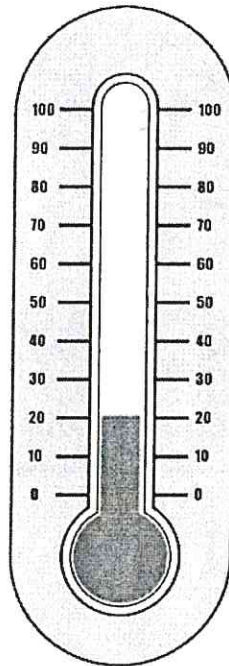
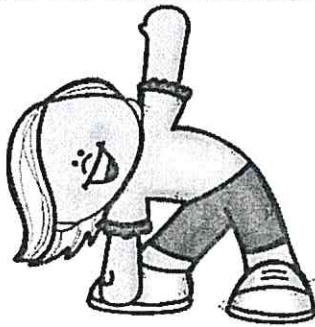
Squats

Thermometer Fitness 1.0

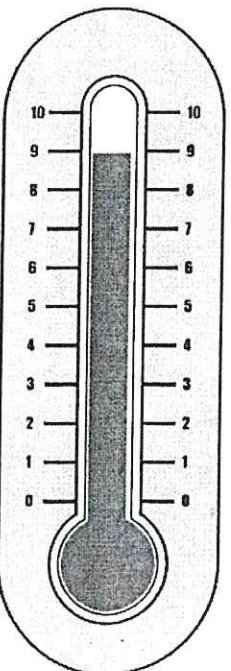
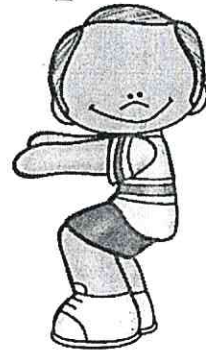
Directions: Perform the exercises indicated by each thermometer.



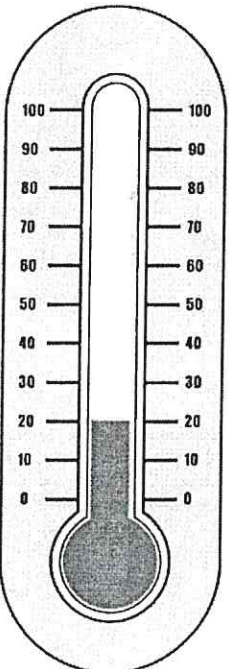
Windmills



Squats



Side To Side Reach

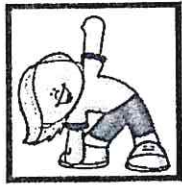


Elbows To Knees

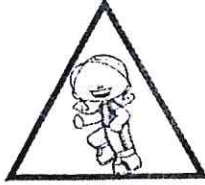


PATTERN FITNESS 1.0

Directions: Complete the pattern by performing the exercise that is missing in each row and labeled with the "?".



25
WINDMILLS



JOG
2 LAPS



30 SECOND
STRETCH



25 JUMPING
JACKS



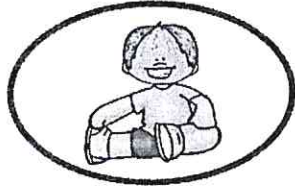
15 SQUATS



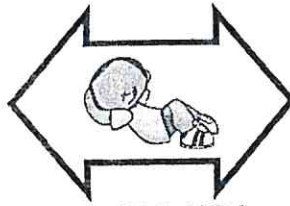
15 SECOND
LEG STRETCH



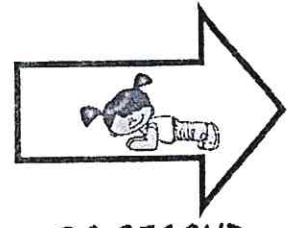
10 PUSH-UPS



15 SECOND
LEG STRETCH



10 SIT-UPS



30 SECOND
PLANK

□ □ △ □ □ ?

? ○ ↔ ○

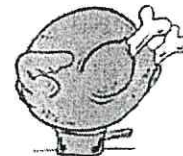
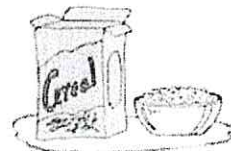
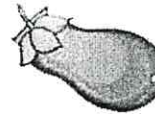
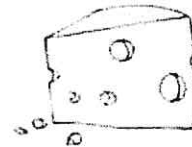
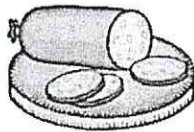
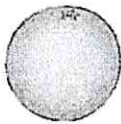
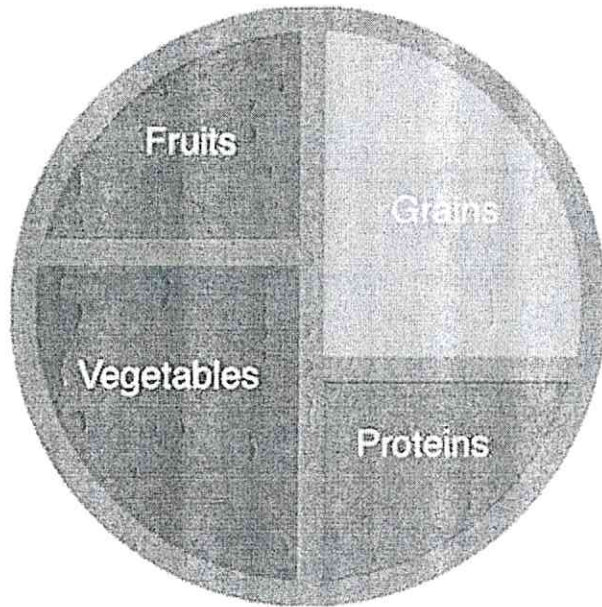
⬠ □ ☆ ⬠ ? ☆

○ ? □ ○ ⬠ □

Name: _____

My Plate

Directions: Eating the proper foods in the proper amounts is one way of staying healthy. Color the dot next to each food to show the group to which the food belongs.



Name: _____

On the back color in each category as listed:

Fruit = red

Grains = orange

Dairy = Blue

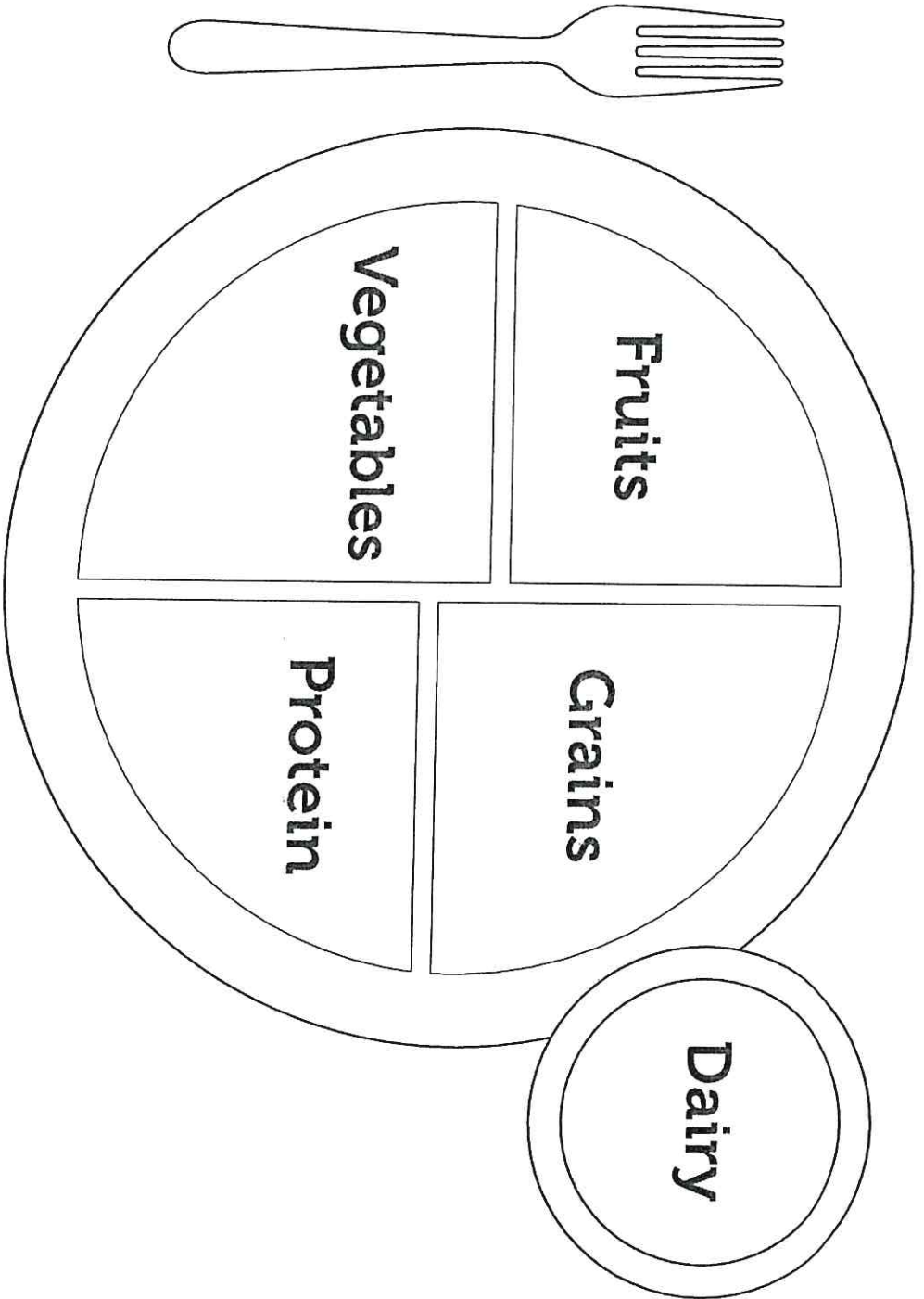
Vegetables = green

Protein = Purple

List as many different food items that you can in the chart below:

Fruits	Vegetables	Grains	Protein	Dairy

For more information, you can go to choosemyplate.gov



ChooseMyPlate.gov

