

Teacher/Class:	Mr. Weatherston
Date:	Week 2
Grade:	3
Lesson #:	2: One-week Activity
Lesson Target:	Muscle strength and heart health
Location:	Home or Safe area where social distancing can be practiced
NYS Standard	Standard 1- Personal Health and Fitness Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Warm Up

1. Spell your name
2. Use the diagram below match the letters to perform activities
3. Each letter/activity is done 10 times
4. Have fun exercising and moving!!!!

Example:

John: J=10 Jumping Jacks, O=10 Burpees, H=10 Shoulder touches, N=10 High Knees

Name Fitness

<p>Jumping Jacks:</p>  <p style="background-color: #c8e6c9; padding: 2px;">A, J, Q, Z</p>	<p>CRUNCHES</p>  <p style="background-color: #c8e6c9; padding: 2px;">B, I, Q, R</p>
<p>RUSSIAN TWIST</p>  <p style="background-color: #c8e6c9; padding: 2px;">C, K, S</p>	<p>WALL SIT</p>  <p style="background-color: #c8e6c9; padding: 2px;">D, L, T, X</p>
<p>RUNNING IN PLACE</p>  <p style="background-color: #c8e6c9; padding: 2px;">E, M, U</p>	<p>HIGH KNEES</p>  <p style="background-color: #c8e6c9; padding: 2px;">F, N, V</p>
<p>BURPEES</p>  <p style="background-color: #c8e6c9; padding: 2px;">G, O, W</p>	<p>SHOULDER TOUCHES</p>  <p style="background-color: #c8e6c9; padding: 2px;">H, P, Y</p>

HAPPY SPELLING!

Activity: Mission Possible - Task Sheet

- Complete tasks alone or do missions with a family member and work as a team
- Complete the missions in any order
- When you are done with the missions, do a fist bump toward the Ceiling, jump and yell “Mission Accomplished!”

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.

Cool Down: Walk around your home and find the items that help you have good self-care.

Ideas include: Tooth Brush, exercise equipment, books or articles to read, healthy snacks (low Sugar), soap to wash hands and body, bed or place to sleep, people to trust to talk to for self-expression

S Smile Proudly

BRUSH AND FLOSS YOUR TEETH DAILY



E Exercise Regularly



MOVE YOUR BODY INTENTIONALLY, 60 MINUTES A DAY

L Learn Daily

READ INTERESTING BOOKS, MAGAZINES AND ONLINE ARTICLES



F Fuel Your Body



EAT HEALTHY, BALANCED MEALS AND SNACKS

C Clean Up

SHOWER/BATHE YOUR BODY ON A REGULAR BASIS



A Apply When Needed



USE DEODORANT, SUNSCREEN AND HAND SOAP OFTEN

R Rest Up

GET 9-11 QUALITY HOURS OF SLEEP EVERY NIGHT



E Express Yourself



WASH AND CHANGE YOUR CLOTHES ROUTINELY