

Niagara Falls City School District
4th Grade Physical Education Resources
 Ms. Tripi – Niagara Street School/Hyde Park P.E.

P.E Activities for APRIL 27th- 1st

Grade Level: 4th Grade

Email: Stripi@nfschools.net

Lesson Title: Fitness Lesson #4

This lesson should be completed at least twice during the week listed above













NYS P.E. Standard #1 -- *Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.*

Warm-Up- Flip It

- Directions using a plastic water bottle see how your water bottle lands on the floor. You will flip the water bottle while you are sitting on the ground and the way that it falls will give you the exercise you should perform. The picture shows a cone but we are using a water bottle.

FLIP-IT FITNESS 

Teammates flip their item at the same time, then check total successes for the fitness result.

 +  =	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">Dance for 10 seconds</div> <p style="font-size: 2em; margin: 5px 0;">OR</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">12 Crunches</div>	  <small>CRUNCHES</small>
 +  =	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">15 Jumping Jacks</div> <p style="font-size: 2em; margin: 5px 0;">OR</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">10 crab plank kicks</div>	 <small>JUMPING JACKS</small>  <small>REVERSE PLANK KICKS</small>
 +  =	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">Skip around gym 1x</div> <p style="font-size: 2em; margin: 5px 0;">OR</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">5 Push-ups</div>	 <small>POWER SKIPS</small>  <small>PUSH-UPS</small>

Find a new partner each time!

By Mike Gmicola @PhysEdDepot

Activity – Tic – Tac – Toe Fitness

- Directions – You can play with someone in your house. One person is “X” and the other person is “O”. The person who marks their spot must do the exercise or skill that is on the board. Here is an example one. You may make your own at home as well.

Tic Tac Toe

Throw an a ball in The air ten times.	20 Jumping Jacks	10 push ups
Jog in place for a Minute.	20 air squats	15 line jumps
Balance an object on Your head for ten Seconds.	5 burpees	20 walking lunges

Cool Down – Stretches

- Hold each stretch for 30 seconds

