

Niagara Falls City School District

3rd Grade Physical Education Resources

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P.E. Activities for MAY 4th to MAY 10th

Grade Level: 3rd Grade

Lesson Title: **STAR WARS FITNESS WEEK**

**This lesson can be completed over 3 DAYS. Each day consists of a warm-up, activity and cool down provided below. Access to YouTube on a computer/phone is necessary to complete workouts. *Each lesson is approximately 30 to 40 minutes in duration. NYS P.E. Standard #5 – Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.*

- **WARM-UP = NFCSD Physical Fitness Testing Mini Practice**

- **DAY 1** = 2 Min. of Student Choice Stretches, 6 Minute Jog and 10 Standing Long Jumps for Distance Practice
- **DAY 2** = 3 Min. of Student Choice Stretches, 15 Push-Ups and 20 Sit-Ups/Crunches
- **DAY 3** = 4 Min. of Student Choice Stretches, 25 Sit-Ups/Crunches and 8 Sit & Reach Practices
(sit on ground/floor with legs flat and attempt to touch toes or past toes with straight arms)

- **LESSON ACTIVITY = STAR WARS FITNESS ACTIVITIES** *(Thanks to Get Kids Moving for sharing these videos)*

- **DAY 1 – please take a drink of water between each video to stay hydrated**

- Jedi “Light Side” HITT Workout *(Time 3:45)*
<https://www.youtube.com/watch?v=kAUMHws2ap0&t=102s>
- Jedi “Dark Side” HITT Workout *(Time 3:30)*
<https://www.youtube.com/watch?v=snh8aWjWRYQ>
- Jedi “SITH with Rest” Workout *(Time 4:18)*
<https://www.youtube.com/watch?v=2Ofwpt59eQU>

○ **DAY 2 – please take a drink of water between each video to stay hydrated**

- Jedi “A New Hope” Workout (Time 3:33)
https://www.youtube.com/watch?v=G_K_NHVvpps
- Hans Solo Workout (Time 3:27)
https://www.youtube.com/watch?v=myvBF2_JaIY
- Obi Wan Workout (Time 4:18)
<https://www.youtube.com/watch?v=OHOTNEtC3Rc>

○ **DAY 3 = please take a drink of water between each video to stay hydrated**

- Lightsaber Tabata Workout (4:22)
<https://www.youtube.com/watch?v=3h9am97W4Rc>
- Kylo Ren “Sith” Workout (5:01)
<https://www.youtube.com/watch?v=2eI9BoQLTfo&t=10s>
- Rise of Skywalker “Jedi” Workout (5:11)
https://www.youtube.com/watch?v=Q9pB8I_vqCw&t=1s

- **COOL DOWN = 5 Minute After Workout Cool Down (perform each day after Star Wars Fitness)**

https://www.youtube.com/watch?v=TcSUK-whh_g

STAR WARS
WEEK

