

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

P.E Activities for May 4th – 8th

Grade Level: 4th Grade

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Lesson Title: Star Wars #5

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- May the Force Be With You

- Click the link below to open the 14 different slides. Pick at least two slides to complete the warm up. If you feel like completing them all go for it! Try doing a different one each day if you would like as well.

https://physedreview.weebly.com/uploads/1/3/0/8/13083192/star_wars_warmups.pdf

Activity – “Do, or Do Not. There is No Try” – Yoda Challenge

- Directions each activity listed is a different challenge that must be completed in order to become a Jedi. You can perform these challenges as many times as you would like.
1. Mental Strength- For this one must find a plastic egg and a spoon. The challenge is to walk 20 steps with the egg still remaining on the spoon. Place the egg on the spoon, next hold your arm out (Try hard not to hold your arm while performing this), then start walking. Hint: focus on something in front of you and focus on your breathing.
 2. Conditioning Strength– For this challenge you must complete the shuttle run. To set this up find three objects that will help you mark your spots. Each object needs to be five yards apart. Start at the middle point in a three point stance when the timer goes off move as fast as you can to the object to the right on you. Once you get there without hesitation hustle to the final object. When you pass the last object that is when your time stops. Try this as many times as you would like; make sure you are trying to beat your last time. Hint: This is the NFL Combine Shuttle Run.
 3. Balance Strength- Try balancing a pillow (or a small object on your head) while performing a few yoga poses. The poses you will try while balancing an object on your head is the tree pose alternating both feet, the butterfly pose and the warrior pose. Try holding each of these positions for at least a minute.
 4. Memory Challenge – If you have the game memory you may use that. If you don't draw six different objects (make sure you have three matching objects) on pieces of paper. For example:

I have two pieces of paper with a football on them, two pieces of paper with an soccer ball and two pieces of paper with a softball on them. Once I have my six pictures I will lay them down on the floor so you cannot see the imagines. Try finding the matches. If you pick up the wrong two stand up and perform five burpees. Once completed try finding your matches again. Hint: You can make as many pairs as you would like and you can make them or print them off.

- Feel free to email me any of your results!

• Cool Down – Yoga Star Wars

- Please hold each pose 30 seconds to a minute. Try to challenge yourself to hold longer if you would like.

