

# PHYSICAL EDUCATION



Week Of: April 27 <sup>th</sup>	Grade Level: 5 <sup>th</sup> Grade
Lesson Title:  Fitness Report Card	NYS Learning Standard: <i>1a. Students will perform basic motor and manipulative skills. Students will attain competency in a variety of motor and sports activities.</i>
<p>Warm Up:</p> <ul style="list-style-type: none"> <li>• First complete the task of the day on the SHAPE America April Calendar.</li> <li>• Second complete, perform 20 jumping jacks, 15 sit ups and 10 pushups.</li> </ul>	
<p>Activity: <b>***Please make sure to have an adult present for this assignment as well as make sure you have permission anytime you want to go outside or before doing physical activity inside the house***</b></p> <ul style="list-style-type: none"> <li>• Practice the 5 parts of the NFCSD Fitness Report Card and record your scores on the page below.</li> <li>• Some of the tests might not be possible to complete at home and that is ok, just do what you can.</li> <li>• <b>CURL UPS</b> (sit ups): <u>How many can you do in 1 minute?</u> <ul style="list-style-type: none"> <li>- Knees bent, feet flat on floor with arms crossed on chest.</li> <li>- Have a partner hold feet or put them under a couch for stability.</li> </ul> </li> <li>• <b>Flexed Arm Hang</b>(this could be difficult to complete at home)           <ul style="list-style-type: none"> <li>- With a pull up bar, see how long you can <u>keep your chin above the bar</u></li> <li>- Palms facing you, tighten your core, don't forget to breathe.</li> </ul> </li> <li>• <b>Standing Long Jump:</b> <ul style="list-style-type: none"> <li>- Make a start line, step up to the line, feet together.</li> <li>- Bend your knees, swing arms and lean a little forward.</li> <li>- Swing arms forward and explode off the ground, leave and land with both feet at the same time.</li> <li>- Use chalk (outside) stick, pen/pencil or anything that can mark where you landed. You place a mark at the back of your shoes not the front.</li> <li>- Measure the distance from the starting line to the back of your shoes.</li> </ul> </li> </ul>	

- **12 Minute Jog:** (always ask a parent/guardian if you plan on going outside)
  - Jog for as long as you can at a nice easy pace. If you stop jogging and walk then record that time. Always listen to your body and don't overdo it. Enjoy it!
- **Sit and Reach:**
  - Sit down with legs together, straight out in front of you with your toes pointed up.
  - Reach towards your toes with both hands. The most important part is to make sure your knees or legs do not come off the ground.
  - A goal would be to be able to touch your toes with correct form. If you can't touch your toes, stretching daily will help you become more flexible and if you can touch your toes, daily stretching will help you reach beyond your toes.

**Cool Down:**

- Play a song that makes you feel good about your hard work and do some light stretching.
- Make sure you drink a large glass of water and then wash your hands.

<b>Curl Ups</b>	<b>Flexed Arm Hang</b>	<b>Standing Long Jump</b>	<b>12 Minute Jog</b>	<b>Sit and Reach</b>
<b>Score:</b>	<b>Score:</b>	<b>Score:</b>	<b>Score:</b>	<b>Score:</b>

**Elementary Fitness Report Card Standards**

<b>Level</b>	<b>Curl Up(#)</b>	<b>Flexed Arm Hang (seconds)</b>	<b>Standing Long Jump (feet and inches)</b>	<b>12 Minute Jog (minutes)</b>
<b>5</b>	45 + over	20 + over	6' + over	9-12
<b>4</b>	36-44	15-19	5'- 5'11"	7- 8:59
<b>3</b>	27-35	10-14	4'- 4'11"	4- 6:59
<b>2</b>	18-26	5-9	3'- 3'11"	2- 3:59
<b>1</b>	17 + under	4 + under	2'- 2'11"	0- 1:59