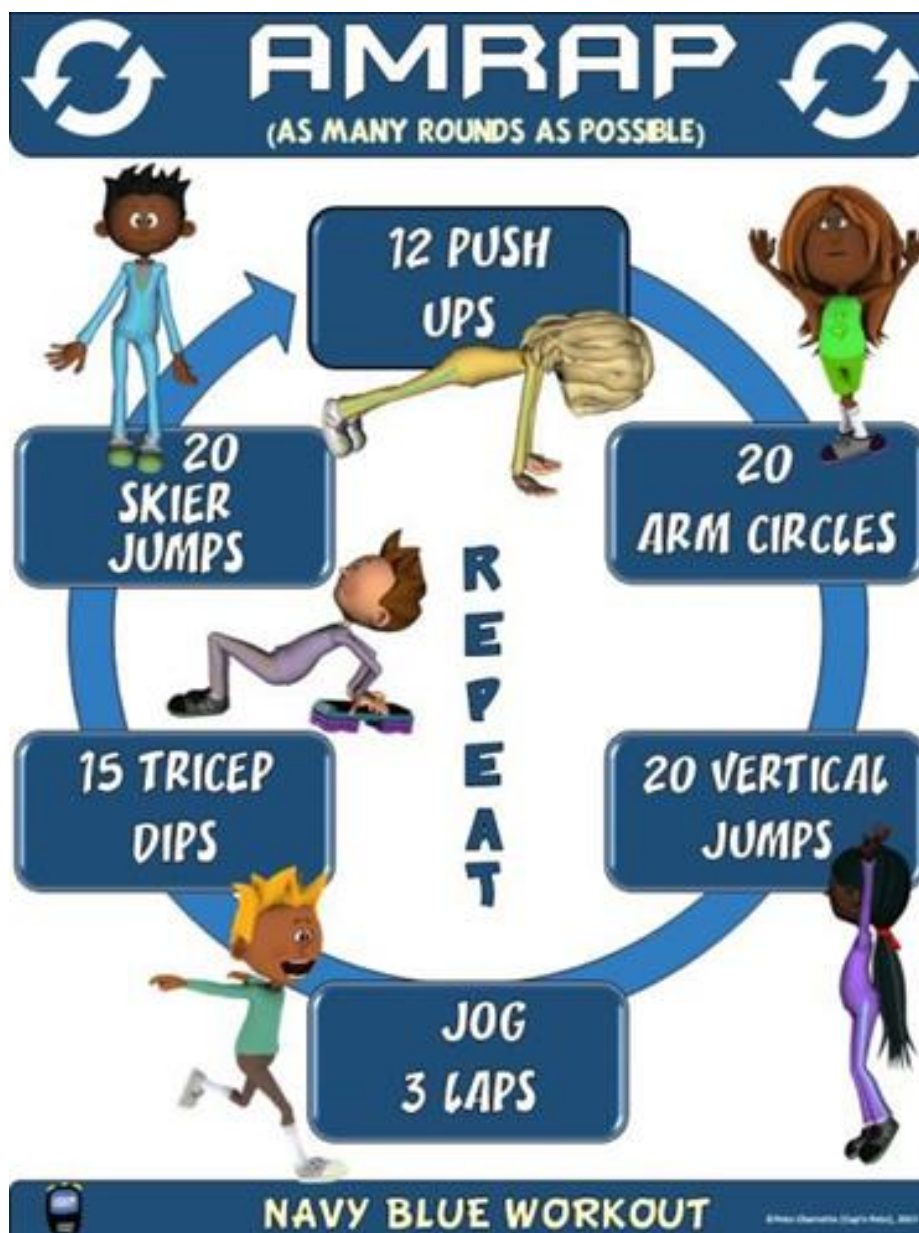


Teacher/Class:	Mr. Weatherston
Email	Jweatherston@nfschools.net
Trouble Shooting:	Questions or technical trouble email me directly at the above email address
Date:	5/11 - 5/17
Grade:	3
Lesson #:	4
Lesson Target:	Muscle strength and heart health
Expectations:	Students complete 30 min. / day
Location:	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

Ideas for Jogging 3 Laps. First, find something to run around or somewhere to run. Suggestions include yard, block (use sidewalks), house, or stairs



Activity

- Discussion
 - ✓ Reps means Repetition. Can you guess one word that sounds like the Word Repetition?
 - ✓ Answer: Repeat. Repeat means, to' do (something) again, either once or a number of times."
 - ✓ Therefore, reps will be the number of times you do the activity. Have Fun!!!

Created By: Mike Ginicola (@PhysEdDepot)

FIT DICE



ROLL 2 DICE	IF YOU ROLLED	THEN YOU'LL DO THIS EXERCISE	ROLL THIS MANY DICE FOR # OF REPS
	2	JUMPING JACKS	4 DICE
	3	PUSH-UPS	3 DICE
	4	CURL-UPS	4 DICE
	5	SQUAT JUMPS	2 DICE
	6	JOG IN PLACE	4 DICE
	7	FOREARM PLANK	3 DICE
	8	ARM CIRCLES	4 DICE
	9	SQUATS	3 DICE
	10	PUSH-UPS	2 DICE
	11	CURL-UPS	3 DICE
	12	JUMPING JACKS	3 DICE

EXERCISE TIPS



DON'T PUT IT OFF



KEEP IT FUN

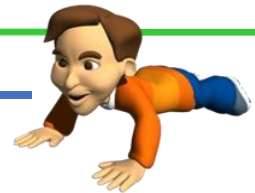
SET GOALS BUT BE REALISTIC



Try to be active 1 hour



Break your hour up into smaller chunks



EXERCISE WITH YOUR FAMILY OR FRIENDS



STAY HYDRATED



Stay Healthy

Do some static stretching after exercise

