

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

P.E Activities for May 11th – 15th

Grade Level: 4th Grade

Email: Stripi@nfschools.net

Lesson Title: FitnessGram

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

JEDI TRAINING

ODD NUMBER DAYS

- **20 JUMPING JACKS**
- **10 WALL SIT LEG EXTENSIONS**
- **20 PLANK JACKS**
- **10 JUMP SQUATS**

EVEN NUMBER DAYS

- **10 BURPEES**
- **10 SQUATS**
- **20 MOUNTAIN CLIMBERS**
- **20 PLANK KNEE TUCKS**

Level 1 - YOUNGLING
Complete **2** Rounds

Level 2 - PADAWAN
Complete **3** rounds

Level 3 - JEDI KNIGHT
Complete **4** rounds

Level 4 - JEDI MASTER
Complete **5** rounds

- Choose a level which is challenging for you. Try to advance your level throughout the month. The ultimate goal is to become a JEDI Master by the end of the challenge.
- Turn in your calendar at the end of the month to receive your JEDI certificate and shoe token.



Activity – FitnessGram Challenge

- The FitnessGram tests are designed to assess a student’s capabilities in the areas of muscular strength and endurance, aerobic endurance and flexibility. Please try your best at these FitnessGram Challenges below. Send in your scores to stripi@nfschools.net so I can post the scores on my webpage.

1. Pacer Test - <https://www.youtube.com/watch?v=6z9eA4y6Z5A>
Before starting the Pacer test make sure you have marked off a straight line that is 20 meters apart. You are allowed to stop once but make sure to make it to the next line before the beep goes off. Both feet must reach the line or marker before the next beep happens. Good Luck!
2. Curl Up Test- <https://www.youtube.com/watch?v=RW6OssVmJBI>
To start this test make sure you are in a curl up position someone may hold your feet down if you would like. You need to listen to the cadence when it tells you to go up or down that is when you should move. Your arms must stay on your chest crisscrossed. The moment you use your elbows and use your arms to pull yourself up the test is over. Have someone help count for you during this test.
3. Next week will be the push up test and the sit and reach test. Please practice these as well.

- **Cool Down – Yoga**

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

