

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

**P.E Activities for May 25<sup>th</sup> – May 29<sup>th</sup>**

Grade Level: 4<sup>th</sup> Grade

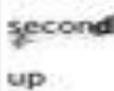
Email: [Stripi@nfschools.net](mailto:Stripi@nfschools.net)

Lesson Title: Fitness/Nature

\*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- Flip A Coin Warm Up**

		Heads or Tails?			
					
1	 crab touches	10	toe	 second up Plank	20 Push
2	 plank jacks	15		 20 jumping jacks	
3	 10 frog jumps		Frog	 tucks	15 Knee
4	 20 crab kicks		Crab	 20 full sit ups	Full sit
5	 second Forearm Plank	20		 20 plank kicks	Plank
6	 20 Elbow to knees			 8 burpees	
				 20	

## Activity- Nature Walk/Hike

Directions – Go for a walk! It is a fun idea to go on a scavenger hunt while taking a walk. Try your best to go for a walk between 30 – 60 minutes long.

# Nature Scavenger Hunt

trishsutton.com

<input type="checkbox"/> PINE CONE	<input type="checkbox"/> BIRD
<input type="checkbox"/> GREEN LEAF	<input type="checkbox"/> WATER
<input type="checkbox"/> BROWN LEAF	<input type="checkbox"/> CLOUD
<input type="checkbox"/> WILDFLOWER	<input type="checkbox"/> FLYING INSECT
<input type="checkbox"/> SPIDER WEB	<input type="checkbox"/> ROUND ROCK
<input type="checkbox"/> FEATHER	<input type="checkbox"/> COLORFUL ROCK
<input type="checkbox"/> BUG	<input type="checkbox"/> ROUGH OBJECT
<input type="checkbox"/> SEED	<input type="checkbox"/> SMOOTH OBJECT
<input type="checkbox"/> GRASS	<input type="checkbox"/> FALLEN BRANCH
<input type="checkbox"/> PINE NEEDLES	<input type="checkbox"/> TREASURE (TO YOU)



**Feel Free to email and let us know what you found!**

## Cool Down-

<https://www.youtube.com/watch?v=7gMuN6m1Gso>

Core5 Fitness Cool Down

