

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

**\*P.E. Activities for APRIL 6<sup>th</sup> through APRIL 10<sup>th</sup>**

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

**Lesson Title: Fitness**

**\*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 – What’s Your Name!**

- **Directions: Spell out the letters of your first name to see the workout you need to complete**
- A- 50 jumping jacks
- B- 15 push ups
- C- 10 burpees
- D- 25 high knees
- E- 20 sit ups
- F- 16 mountain climbers
- G- 30 squats
- H- 20 front lunges
- I- 10 side steps to the right
- J- 15 second wall sit
- K- 20 calf raises
- L- 1 minute plank
- M- 10 squat jumps
- N- 2 minute pretend jump rope
- O- 10 russian twists
- P- 10 butt kicks
- Q- 20 forward arm circles
- R- 20 backwards arm circles
- S- 3 minute jog in place
- T- 25 toe raisers
- U- 5 inchworms
- V- ABC push ups
- W- 10 star jumps
- X- Side lunges to the right
- Y- 10 leg raises
- Z- 10 squat jacks

**Activity- HIIT Workout** – is a high intensity interval training program. The workout will have short quick moving exercises followed by brief recovery breaks. Make sure to have water near you during these videos. No equipment is needed.

- Video 1 is the beginners workout  
[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfl](https://www.youtube.com/watch?v=L_A_HjHZxfl)
- Video 2 is more a more advanced workout  
<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

### COOL DOWN-

- Please hold each stretch for 30 seconds.

