

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

P.E Activities for APRIL 13- 17th

Grade Level: 4th Grade

Lesson Title: Fitness Lesson #2

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 – SPRING Warm up

S- 10 Sit ups

P- 30 second Plank

R- Run in place for 1 minute

I – Incline push up

G – 10 Giant leaps

Activity- Tabata Workouts – These are eight interval workouts that go from twenty seconds of high intensity to a ten second rest.

1. (Old Town Road) Tabata Workout
<https://www.youtube.com/watch?v=YWgH4HSNnLY>
2. Happier Tabata (Full Body Workout)
<https://www.youtube.com/watch?v=19AhFv7UrTY>
3. Thunder Ultimate Tabata Workout
<https://www.youtube.com/watch?v=FMRhCR0M3gg>

COOL DOWN-

- Please hold each stretch for 30 seconds.

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster