

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

P.E Activities for APRIL 20th- 24th

Grade Level: 4th Grade

Lesson Title: Fitness Lesson #3

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 – How Many Can You Do?

- **For this warm up you need to see how many you can perform in 100 seconds!**
 - Jumping Jacks
 - Sit- Ups
 - Jumping on two feet
 - Toe Touches
 - Push- Ups
 - High Knees
 - Arm Circles

Activity – Fitness Race

- **For this Fitness Challenge you will need to perform several different skills. Before you start on separate pieces of paper write down these skills (Jumping Jacks, Mountain Climbers, Run in Place, Vertical Jumps, Lunges, Push-Ups, Burpees and Squats). These are the skills you will perform on the opposite side. This is a time challenge and each skill needs to be performed 10 times (plank is ten second hold). Once you perform your skill ten times you must jog back to your starting spot touch it and jog back to where you have being performing your skill. If someone in your house would like to race you go for it!**
- **The step up should look like this:**

Starting line: X _____ X Area to perform your skill 10x's

- **Make sure to shuffle up your skill cards so it is a surprise each time you get to your performing spot.**
- **On Your Mark, Get Set, GO!!**

Cool Down – Yoga

Chair



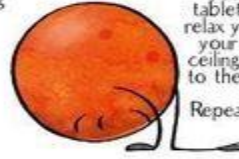
Standing tall with a straight spine, feet shoulder width apart, lift your arms above your head. Imagine that you are about to sit in a chair and slowly bend your knees.

Feel the strength of your legs as you hold this position for a moment or two.

Standing straight, bend your left knee and place your foot on the standing leg below or above your right knee. Focus on balancing while you lift both arms above your head, gently placing your palms together.

When you are ready, switch sides. This time balance on your left leg.

Tree



Cat

Getting down on your hands and knees, make your back flat like a tabletop. Breathing out, relax your neck and round your back towards the ceiling. Breathing in, return to the tabletop position.

Repeat this a few times.

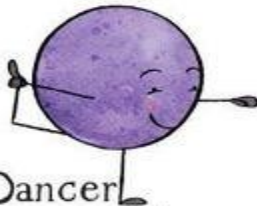


Downward Dog

Bending down, place your hands flat on the ground while you step your feet back, turning your body into an upside-down V shape. Reach your heels towards the floor, straightening your legs. Relax your head and neck.

Hold this position for 15-30 seconds.

Dancer



Balancing on your right leg, bring your left leg up behind you as your left hand holds onto your left ankle. Lean your torso slightly forward, stretching your right arm forward to help with balance. Arch your left leg up behind you.

After a few moments, bring your left leg back to the floor and try it again, switching sides.

yoga POSES for kids



Warrior

Standing tall, step one foot behind you, facing it out at a slight angle. Bend your front leg into a lunge position, facing the front foot forward. Lift your arms above your head toward the sky, while keeping the top part of your body also facing forward.



Kite

Standing tall, take a deep breath in as you raise your arms up towards the sky. Place the palms of your hands together. Lean to the right, feeling the stretch on the left side of your body. After a few moments, slowly lean to the left, feeling the right side of your body stretch.

Frog



Standing with your legs slightly more than hips width apart, face your feet slightly outwards. Bending your knees, move down into a squatting position. Bring your upper arms to the inside of your knees and place the palms of your hands together.

Balance here for as long as it feels good.

Cow

Getting down on your hands and knees, make your back flat like a tabletop. Breathing out, arch your back, letting your tummy sink towards the earth as you lift your head looking forward. Breathing in, return to the tabletop position.



Star Gazing

Lay down on your back. Stretch out your arms and legs, letting your body be supported by the earth below you.

Just rest, breathing in and breathing out.

