

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

P.E Activities for May 18th – May 22nd

Grade Level: 4th Grade

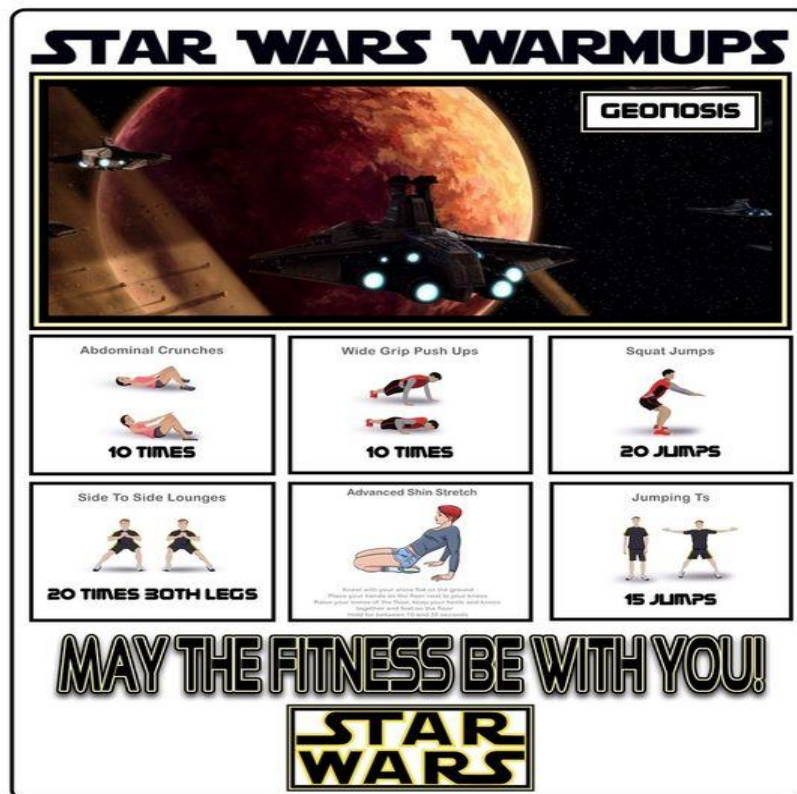
Email: Stripi@nfschools.net

Lesson Title: FitnessGram #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-



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. Push Up Test – This is a component tests muscular strength/muscular endurance (The ability of muscles to exert themselves repeatedly). During this test you must listen to the video telling them when to push down and when to push up. Rules the student must get low to the ground without touching it. Things to look for: elbows must bend in order to complete each push up, knees cannot touch the ground, and focus on keeping a tight core throughout the challenge. https://www.youtube.com/watch?v=k33_2CHxnVw
2. Sit & Reach test – This component tests flexibility (The range of motion available in a joint). For this test try marking how far you can lean forward without your knees coming up. Sit in a figure four and lean forward with one hand on top of each other.



3. You may try last week challenges again! Please send results in so I can post them to my webpage! Try your best! Cannot wait to see your results!!

Cool Down – Yoga

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

