

**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	 10 crab touches toe	 20 second up Plank Push
2	 15 plank jacks	 20 jumping jacks
3	 10 jumps Frog	 15 tucks Knee
4	 20 kicks Crab	 20 ups Full sit
5	 20 second Forearm Plank	 20 kicks Plank
6	 20 Elbow to knees	 8 burpees
	 20	 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.



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

## Cool Down-

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

Core5 Fitness Cool Down

