

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

**P.E Activities for June 1<sup>st</sup> – June 5<sup>th</sup>**

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

**Email: [Stripi@nfschools.net](mailto:Stripi@nfschools.net)**

**Lesson Title: Fitness/Throwing to a Target**

**\*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-**

- Crunches are sit ups
- Plies – Super Man Hold for 20 seconds

50 Crunches  
45 Jumping Jacks  
20 Lunges  
35 Squats  
60 sec. running in place  
50-Second plank  
~1 Minute Break~  
50 Crunches  
45 Jumping jacks  
20 Lunges  
35 Squats  
20 High Knees  
~1 Minute Break~  
40 Jumping Jacks  
20 Lunges  
20 Donkey Kicks  
20 Plies  
20 Lunges  
-Walk for 10 Minutes

**Activity- How Far Can You Throw and Hit a Target**

- There are two options for this activity. Please feel free to improvise as much as you need to.
- Equipment a ball of any size (a small tennis ball works the best for option one). If you do not have a ball feel free to roll up two socks together to form a ball.

- Option 1: Grab a family member to help you with this challenge of how far you can throw and catch. The challenge has you facing your partner one foot apart. In order to take a step back both partners must catch the ball. Once each partner is successful at making a catch both partners must take one step back. See how far you can go until someone drops the ball.
- Option 2: Get two socks and roll them into a ball and any kind of box item you have in your house (Laundry basket works the best). Start by standing one foot away from the basket and each time you are successful at throwing your socks in the basket take a step back. See how far you can go until you miss.

## **Cool Down-**

<https://www.youtube.com/watch?v=MKVe4Zs6KRk>

Enjoy! Good Luck!