

MASON ELEMENTARY SCHOOL

PHYSICAL EDUCATION

"Fun With A Purpose"

3-5

I hope everyone is getting a chance to get some exercise in while at home – the weather hasn't been great, so getting outdoors has been a challenge many days.

This week, if at all possible, try to get a 10-minute WJRO outside (around your yard etc.), if not, refer to last week's video on YouTube: HealthWorks! Youth Fitness 101 – cardio 1/ Cincinnati Children's

This week, if you want something different, "Let's Get to Work (4-6) Physical Exercise" on You Tube, is a quick workout that is good for indoor cardio and also does some of the movement skills we do at school.

On Thursday and Friday (PE days!) this week, I'd like everyone to work on some balance drills, with a bit of a strengthening component:

- 1) Stand on left foot 20 seconds
- 2) Stand on right foot 20 seconds
- 3) Hop 10 times on left foot then take a break - Hop 10 times on right foot
- 4) Hop 5 times on left foot and switch to right foot without stopping – 5 Hops with right foot – do this twice through
- 5) Balance on left foot – slowly drop left hand close towards ground (don't touch) bring right leg back and hold balance for 10 seconds – take a break and do same with right foot – right hand
- 6) Same but opposite hand: Balance on left foot but bring right hand down and right leg up don't touch ground – then opposite – 10 seconds each
- 7) One-foot squats: Balance on left foot, slowly bend leg so that your thigh is parallel to the ground and return – 5 repetitions, then repeat with right leg – do this twice
- 8) Spread your feet shoulder width apart and cross your arms so that your hands are on opposite shoulders – do squat with both legs – don't rush squat and breathe naturally – do 2 reps of 10

For a cool down: Pretend you are on a balance beam – slowly walk with one foot exactly in front of the other (if you have chalk and are outside – draw a straight line as pretend beam), go for about 10 steps each foot

If you have a jump rope – spend 5 minutes jumping rope – if you do not have one or if you are still learning – pretend jump roping for a few minutes is excellent exercise which also works on balance.

Again, hopefully the weather gets better and you can get some fresh air and exercise safely with your family.

"Go for it Rocky"

Feel free to e-mail me with ideas or updates – I'd love to hear from you – I miss you

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Sincerely,

Mr. Margarita

MES Physical Education