E-Learning PE packet

Parents please read through this with your child(ren).

What is included:
3 months of activity calendars, March, April, May
1 set of paper playing cards
1 set of foldable paper dice
Daily activities
Exercise Log

What you need:
Everything is included in the packet, but you can also use your own dice or playing cards, if you have them.

How to use:
1. Cut the cards out for card fitness games. Cut out and fold the dice for dice games (or use your own.)
2. For a warm-up, please complete the daily activity on the calendar. If that day says "rest day", please pick an exercise of your choice.
3. Please pick an activity from the packet to complete for that day. If you do not remember how to perform an exercise, and you can’t look it up, feel free to pick a different one.
4. Please participate in the warm-up and activity for a minimum of 20 minutes.
5. Please find a way to be active every day for 60 minutes, as recommended by medical professionals.
6. Remember, you can do more than one activity per day if you want, and you can play an activity for more than 15 minutes.
7. When you get your 60 minutes of daily activity, include things you love to do, jumping rope, playing catch, taking a walk, etc.
8. Please complete the exercise log. If you miss a day, don’t sweat it, but try to find time EVERY day for fun exercise. Have your parents Initial your exercise log every week.
9. If you get the chance, check your email for more fun online workouts.

We can’t wait to see you again soon! Remember fitness can be fun!
Printable Dice for Detective Badge and other games
Printable Dice for Detective Badge and other games
**Physical Education Fitness Calendar**

**Directions:** Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

**Note:** If you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!

### March 2020

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hold onto a chair and stand on your tip toes for 1 minute.</td>
<td>Lift one leg and balance without putting your other foot down for 30 seconds. Repeat with the other leg.</td>
<td>Jog in place for 30 seconds in every room of your home.</td>
<td>Do 25 back legs kicks per leg.</td>
<td>Hold the Superhero pose while you say the alphabet backwards. Repeat 3 times.</td>
<td><strong>Rest Day</strong></td>
<td>Do bicycle legs with a family member or friend for 60 seconds.</td>
</tr>
<tr>
<td><strong>Do 15 push-ups with a family member or friend.</strong></td>
<td><strong>Do a side plank for 30 seconds each arm.</strong></td>
<td><strong>Do side lunges 30 times per leg.</strong></td>
<td><strong>In the Superhero pose lift a book off the ground and read one entire page.</strong></td>
<td><strong>Rest Day</strong></td>
<td><strong>Rest Day</strong></td>
<td><strong>Do 50 Jumping Jacks with a family member or friend.</strong></td>
</tr>
<tr>
<td><strong>Do 25 front lunges per leg with a family member or friend.</strong></td>
<td>Put your feet under the couch and do 20 curl-ups.</td>
<td>Hold onto your toes while balancing on your bottom for 30 seconds.</td>
<td><strong>Rest Day</strong></td>
<td><strong>Do side leg lifts 30 times per leg.</strong></td>
<td><strong>Do high knees while singing the school song.</strong></td>
<td>Hold hands with a family member or friend and do 25 squats together.</td>
</tr>
<tr>
<td>Challenge a family member or friend to a &quot;tie one leg on one foot with eyes closed without losing balance&quot; contest.</td>
<td>Challenge a family member or friend to a &quot;plant without laughing&quot; competition.</td>
<td><strong>Do 30 Wall Push-ups.</strong></td>
<td><strong>See how many push-ups you can do in 30 seconds.</strong></td>
<td><strong>Put your toes under the couch and do 15 curl-ups.</strong></td>
<td>Challenge a family member or friend to a &quot;V balance&quot; competition.</td>
<td></td>
</tr>
<tr>
<td><strong>Make up your own fitness challenge and draw it on the back of this paper.</strong></td>
<td><strong>Pick One Of Your Favorite Days And Do It Again!!!</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Student Name:**

**Parent Signature:**

**Classroom Teacher:**

Check off (√) when you finish each day.
# Physical Education Fitness Calendar

**April 2020**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
</table>
| Sunday | 1. Hold a push-up position while you sing the national anthem.  
2. Reach up off the floor 15 times.  
3. Reach and BEAT your coach.  
4. Stand in the center of the room and do a favorite song.  
5. Challenge a family member to a "mountain climber" race. |
| Monday | 6. Do the butterfly with your belly button at least 10 times.  
7. Do squats while you sing your favorite song. |
| Tuesday | 8. Leap frog and count how many times you can make it to the finish line.  
9. Do a group of 10 push-ups with your arms outstretched.  
10. Do foreign language with a friend.  
11. Do a different exercise every day for a week. |
| Wednesday | 12. Do a different exercise every day for a week.  
13. Do a group of 10 push-ups with your arms outstretched.  
14. Leap frog and count how many times you can make it to the finish line. |
| Thursday | 15. Do foreign language with a friend.  
16. Do a different exercise every day for a week.  
17. Do a group of 10 push-ups with your arms outstretched. |
| Friday | 18. Leap frog and count how many times you can make it to the finish line.  
19. Do a different exercise every day for a week.  
20. Do foreign language with a friend. |
| Saturday | 21. Do a different exercise every day for a week.  
22. Do a group of 10 push-ups with your arms outstretched.  
23. Do foreign language with a friend. |

**Note:** If you miss a day, that's okay. Just make up that day on the next day. The idea is to do something active every day!!!
**Physical Education Fitness Calendar**

**Directions:** Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

**Note:** If you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!

### May 2020

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Do squats while singing the school song.</td>
<td>Reach to both sides of your body while listening to one of your favorite songs.</td>
<td>Hold a plank position while counting to 100 by 5's</td>
<td>Do 25 back leg kicks for each leg.</td>
<td>Ask a family member or friend to read a short passage from a book to you while you hold onto one foot.</td>
<td>Touch your elbows to knees 50 times while keeping your eyes closed.</td>
</tr>
<tr>
<td>3</td>
<td>Do 15 push-ups.</td>
<td>Stretch your calf muscles while you watch 3 commercials on T.V.</td>
<td>Reach for one toe while counting to 25 backwards. Repeat with the other leg. Do that 3 times per leg.</td>
<td>Do 50 Jumping Jacks with a family member or friend.</td>
<td>Do 50 windmills touching one foot. Then the other.</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8 Rest Day</td>
</tr>
<tr>
<td>5</td>
<td>Do 10 jumping jacks every time a commercial comes on T.V.</td>
<td>With both legs straight, see how far you can reach, do slow breathing in and out each time you reach.</td>
<td>Jog in place while you answer 10 math questions given to you by a family member or friend.</td>
<td>With legs crossed reach up and over your body as far as you can. Repeat reaching the other way. Do that 3 times per leg.</td>
<td>Do 50 lunges</td>
<td>15</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>21 Rest Day</td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>27 Rest Day</td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>31 Pick One Of Your Favorite Days And Do It Again!!!</td>
</tr>
</tbody>
</table>
2 - Triangle Pose
3 - Resting Pose
4 - Warrior II
5 - Tree Pose
6 - Namaste
7 - Child's Pose
8 - Cobra Pose
9 - Warrior I
10 - Knees to Chest
11 - Chair Pose
12 - Crescent Moon

Yoga Dice: Roll The dice and perform that exercise for 30 seconds. Play for 15 minutes.
YOGA CARDS

2: Downward Facing Dog
3: Triangle Pose
4: Resting Pose
5: Warrior II
6: Tree Pose
7: Namaste
8: Child’s Pose
9: Cobra Pose
10: Warrior I
J: Knees to Chest
Q: Chair Pose
K: Crescent Pose
A: You Pick the Pose

Yoga Cards: Shuffle the cards. Pick a card. Match the card with the exercise. Perform the pose for 30 seconds. Play for 15 minutes.
Roll the Dice for Fitness - 1

Roll a single die. Match the number with the exercise. Exercise for 40 seconds. Take a 20 second break. Play for 15 minutes.
Directions: Roll 1 or 2 Dice. Match the total number with the exercise and perform that exercise for 40 seconds. Take a 20 second break. Play again. Continue for a total of 12 rolls.
Roll a single and match the number with the exercise. Perform the exercise for 40 seconds. Take a 20 second break and roll again. Play for 15 minutes.

- Planks
- Side Planks
- Burpees
- Caterpillar Walk
- Shoulder Taps
- Push Ups
Roll ‘Em Dice 2-
Roll 2 dice. Perform the correct exercise for 40 seconds. Take a 20 second break.

Play for 15 minutes.

3. Jumping Jacks
4. Alternating Lunges
5. Star Jumps
6. Line Jumps
7. Wall Sit
8. Plank
9. Push Ups
10. Crunches
11. Windmills

Doubles are a choice roll.
Doubles are a choice roll.
Exercise Cards 2

How to use this chart:
Pick a card from your deck of cards.
Match the card with the exercise on the right. (The suit of the card doesn’t matter.)
Perform the exercise for 40 seconds.
Take a 20 second break.
Pick a new card and repeat.
Play for 15 - 20 minutes.
Play again later if you like.

2: Side Plank
3: Tuck Jumps
4: Russian Twists
5: Wall sits
6: Crunches
7: Jump Squats
8: Jump Lunges
9: Tricep Dips
10: Bicycle Crunches
Jack: Burpees
Queen: Mountain Climbers
King: Push Ups
Ace: You Choose Any
**Deck Fitness**
- Each card is associated with a specific exercise that is done
- The number on the card tells you how many times or seconds the exercise is done
- Kings, Queens, and Jacks are 10X the exercise.
- Aces are a "your choice". You can decide which exercise you would like to do 10X
- After you take your turn, it's your partner's turn to go. Continue to take turns for 15 minutes.

<table>
<thead>
<tr>
<th></th>
<th>Mountain Climbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hearts</td>
<td>Jumping Jacks</td>
</tr>
<tr>
<td>Clubs</td>
<td>Push-Ups</td>
</tr>
<tr>
<td>Diamonds</td>
<td>Sit - Ups</td>
</tr>
<tr>
<td>King</td>
<td>Burpees (10)</td>
</tr>
<tr>
<td>Queen</td>
<td>Planks (10 seconds)</td>
</tr>
<tr>
<td>Jack</td>
<td>Jog in place (10 seconds)</td>
</tr>
<tr>
<td>Ace</td>
<td>Your Choice</td>
</tr>
</tbody>
</table>

Example: If I picked the 9 of Hearts, I would do 9 Jumping Jacks
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Exercise Log
POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.
POSITIVE THOUGHTS & AFFIRMATIONS

51. It's okay to make mistakes.
52. I am making the right choices.
53. I surround myself with positive people.
54. I am a product of my decisions.
55. I am strong and determined.
56. Today is going to be my day.
57. I have inner beauty.
58. I have inner strength.
59. No matter how hard it is, I can do it.
60. I can live in the moment.
61. I start with a positive mindset.
62. Anything is possible.
63. I radiate positive energy.
64. Wonderful things are going to happen to me.
65. I can take deep breaths.
66. With every breath, I feel stronger.
67. I am an original.
68. I deserve all good things.
69. My success is just around the corner.
70. I give myself permission to make mistakes.
71. I am thankful for today.
72. I strive to do my best every day.
73. I'm going to push through.
74. I've got this.
75. I can take it one step at a time.
76. I'm working at my own pace.
77. I'm going to take a chance.
78. Today I am going to shine.
79. I am going to get through this.
80. I'm choosing to have an amazing day.
81. I am in control of my emotions.
82. My possibilities are endless.
83. I am calm and relaxed.
84. I am working on myself.
85. I'm prepared to succeed.
86. I am beautiful inside and out.
87. Everything is fine.
88. My voice matters.
89. I accept myself for who I am.
90. I am building my future.
91. I choose to think positively.
92. My happiness is up to me.
93. I'm starting a new chapter today.
94. I trust in my decisions.
95. I can change the world.
96. I am smart.
97. I choose my own attitude.
98. I am important.
99. I am becoming the best version of myself.
100. Today I will spread positivity.
101. The more I let it go, the better I will feel.
List some positive thoughts and affirmations you can say to yourself.

<table>
<thead>
<tr>
<th>#1</th>
</tr>
</thead>
<tbody>
<tr>
<td>#2</td>
</tr>
<tr>
<td>#3</td>
</tr>
<tr>
<td>#4</td>
</tr>
<tr>
<td>#5</td>
</tr>
<tr>
<td>#6</td>
</tr>
<tr>
<td>#7</td>
</tr>
<tr>
<td>#8</td>
</tr>
<tr>
<td>#9</td>
</tr>
<tr>
<td>#10</td>
</tr>
<tr>
<td>Letter</td>
</tr>
<tr>
<td>--------</td>
</tr>
<tr>
<td>A</td>
</tr>
<tr>
<td>B</td>
</tr>
<tr>
<td>C</td>
</tr>
<tr>
<td>D</td>
</tr>
<tr>
<td>E</td>
</tr>
<tr>
<td>F</td>
</tr>
<tr>
<td>G</td>
</tr>
<tr>
<td>H</td>
</tr>
<tr>
<td>I</td>
</tr>
<tr>
<td>J</td>
</tr>
<tr>
<td>K</td>
</tr>
<tr>
<td>L</td>
</tr>
<tr>
<td>M</td>
</tr>
</tbody>
</table>

Consult a doctor before starting an exercise program - www.theysmell.com
SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A  jump up & down 10 times
B  spin around in a circle 5 times
C  hop on one foot 5 times
D  run to the nearest door and run back
E  walk like a bear for a count of 5
F  do 3 cartwheels
G  do 10 jumping jacks
H  hop like a frog 8 times
I  balance on your left foot for a count of 10
J  balance on your right foot for a count of 10
K  march like a toy soldier for a count of 12
L  pretend to jump rope for a count of 20
M  do 3 somersaults
N  pick up a ball without using your hands
O  walk backwards 50 steps and skip back
P  walk sideways 20 steps and hop back
Q  crawl like a crab for a count of 10
R  walk like a bear for a count of 5
S  bend down and touch your toes 20 times
T  pretend to pedal a bike with your hands for a count of 17
U  roll a ball using only your head
V  flap your arms like a bird 25 times
W  pretend to ride a horse for a count of 15
X  try and touch the clouds for a count of 15
Y  walk on your knees for a count of 10
Z  do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM