

Physical Education Blizzard Bag Lesson Grades 1-5

Student Name _____ Teacher _____

Warm-Up: Our daily routine (about 5 minutes)

1. Feet together, legs straight, touching your toes (hold and count to ten)
2. Feet apart, legs straight, touching between your feet (hold and count to ten)
3. Feet apart still leaning toward the right foot (hold and count to ten)
4. Feet apart still leaning toward the left foot (hold and count to ten)
5. Arm circles forward (arms are out straight and moved in a forward motion, small to medium sized circles and count to ten)
6. Arm circles backwards (count to ten)
7. Shoulder shrugs (move shoulders up and down and forward and backward for a count of ten)
8. Knights jumping jacks (K-N-I-G-H-T-S-knights-knights-knights)
9. 10 push-ups

-3rd-5th grade students please do 10 curl-ups also. We have fitness testing coming up soon!

Main Activity: (20-25 minutes)

*Pick one or a combination of 2 or 3. Please mark the activities you accomplished.

Outside activities:

- Shovel snow
- Sledding/ice skating
- Walking in the snow
- Make a snowman/build a snow fort
- Other _____

Inside activities:

- Clean your room/house
- Pick-up your toys
- Sweep the floor/carpet
- Do the dishes
- Fold laundry
- Dust the house
- Wii (bowling, tennis, skiing, etc.)
- Just Dance
- Work out to an exercise video (w/ parent permission)
- Use home exercise equipment (w/ parent permission)
- Other _____

Cool down: (2-3 minutes)

*Breathe in through your nose, out through your mouth 3 times.

*Do our warm-up routine stretches (Number 1-7 from above).

Parent signature that activities were completed _____

*Please return this completed form to Mrs. Konoff on your next scheduled physical education class.