

Name: \_\_\_\_\_



# PE Fitness Booklet

This booklet is to help your child to continue being active during the suspension of in-class learning.

**Please return the booklet to Mrs. Bremner when classes resume at school on April 13.**

Please encourage your child to meet these 2 main goals:

- 1. Be active for 60 minutes/day. This does NOT need to be done all at one time (ie. could be done for 15 min. 4 times throughout the day)**
- 2. Spend at least 1/2 hour outside each day**

**Some ideas of ways that we can be active over the next few weeks are:**

- \* Go for a walk
- \* Play soccer
- \* Play mini-sticks
- \* Do Yoga
- \* Do stairs
- \* Do an Alphabet Warm-up workout
- \* Play an Active Game or workout (from the booklet)
- \* Follow an exercise video
- \* Go tobogganing
- \* Go skating
- \* Dance
- \* Rope Jump
- \* Play at a park

In the booklet, you will find the following 2 assignments that must be completed by each student:

**1. Activity Bingo Sheet** - Work on completing the tasks in each square to attempt a complete blackout. The activities in each square do **NOT** have to be done all at one time (eg. 100 Burpees would likely need to be done over several days). Once the activity is completed, please have your parent sign the square indicating that you have completed it.

**2. Activity Tracker - Exercise is FUN! Track your Move-It Minutes** - There are 3 pages of the trackers (1 for each week you are at home). Please write your activities in the box for each day, coloring in the star when you have completed 1 hour/day. Please share your favorite activities at the bottom.

Also in this booklet, you will find the following options as ideas to help meet your goal of 1 hour of activity each day. Families are encouraged to be active along with their kids. Have fun!

**Superhero Action Training** - Check off each action/task as you complete them.

**20-Minute Winter Workout** - Use a timer and check off each activity as you complete it.

**Spin-An-Exercise** - Place a paper clip on the black dot of the exercise wheel. Use a pencil to hold it on the dot and spin the paper clip to determine the exercise to complete. Do the same on the number wheel to determine how many times you will complete the exercise.

**Keep It Moving (Snakes & Ladders)** - Roll the dice and complete the instructions on the space you land on.

**Deal Your Way to Fitness** – Use a deck of cards and complete the tasks for each of the 52 cards in the deck. This does not have to be done all at one time.

**Roll for Fitness** – Roll the dice to determine which fitness tasks you will complete. Play for 15 minutes or more.

**Alphabet Warm-Up Tasks** – Your child will be familiar with most of these tasks and can complete using a few different options. Ideas could include writing a message for the day and performing those tasks, completing a section of letters each day or using them in a Tabata or HIIT workout.

**UNO Workout** – Using UNO cards, complete tasks according to the key.

**Just Dance** – These are a list of possible (appropriate) songs that can be found on YouTube that you can dance along with:

5 Little Monkeys	Who Let the Dogs Out
The Lion Sleeps Tonight	The Freeze Game
Crocodile Rock	Footloose
Shimmie Shake	One Time
I'm Gonna Catch You	Lollipop
YMCA	Mickey
The Hamster Dance	Celebration
Surfin' USA	Hokey Pokey
Jump Up	Can't Stop the Feelin'
Dinosaur Stomp	Pizza Pizza
Freeze Dance	I Like to Move It
Gummi Bear	Baby Shark
Ghostbusters	Rasputin
Eye of the Tiger	The Final Countdown
Dynamite	Happy
YMCA	

**Fitness Videos** – These are a list of Fitness Videos that students can follow along with for a workout:

Jumping Jax Gym Cardio Kids Vol 1-25 min exercise routine for kids & parents  
<https://youtu.be/dhCMOC6GnrY>

Kids Workout Cardio HIIT - Getting in the mix - 32 min  
<https://youtu.be/lc1Ag9m7XQo>

The Avengers Tabata Workout - 4 min (to be completed 3-4 times)  
<https://youtu.be/jyWyBern6q4>

Family Fun Cardio Workout - 13 min  
<https://youtu.be/5if4cjO5nxo>

Kids HIIT Workout 4 with Moe Jones - 21 min.  
[https://youtu.be/\\_vneFIWOJvU](https://youtu.be/_vneFIWOJvU)

Fitness Blender Kids Workout - 25 min.  
[https://youtu.be/McD6\\_oOWs-M](https://youtu.be/McD6_oOWs-M)

Kids Daily Exercise - Day 1 - 21 min. (for younger kids)  
<https://youtu.be/T8jl4RnHHfO>

Kids Circuit Workout - Total Body Circuit: You can do with your Kids! - 10 min  
<https://youtu.be/FmWPRv6g9al>

Frozen - A Cosmic Kids Yoga Adventure - 30 min  
<https://youtu.be/xlg052EKMtk>

Star Wars - A Cosmic Kids Yoga Adventure - 24 min  
<https://youtu.be/BEPxPkQY6V8>














Yoga for kids - Yoga animal poses - Yoga practice tutorial 15 min.  
<https://youtu.be/s-Z127YFUQo>

**Tabata** - Tabata is a fitness workout where you work hard on an exercise task for 20 sec. followed with a 10 sec. rest (like a HIIT workout). Typically you complete 8 different tasks (with 20 sec. on and 10 sec. off) to complete 1 Tabata with a short break between each Tabata. Students can aim to complete 5 Tabatas for very good workout. Exercise tasks can be cardio or strength building (that can be chosen from our Alphabet Warm-up tasks) and students can use a regular timer for this or they can download a free tabata timer from the App store. Another option is to use the **Fitness Workout & Tabata Winter Hits** that we use in class. The benefit of this is that it has music and the verbal instructions of when to start, when to stop and when to break between each Tabata.






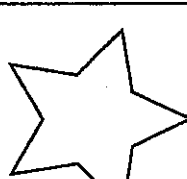
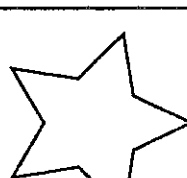
This can be found on Youtube at <https://youtu.be/xl3aMYM-xbg>

Name: \_\_\_\_\_

# Activity Bingo

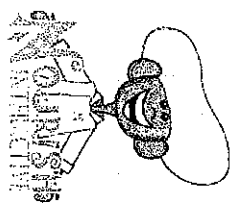
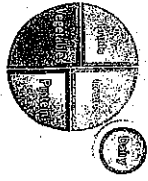
<p>Go tobogganing or sledding</p>  <p>_____</p> <p>Parent signature</p>	<p>Play catch with a family member or friend</p>  <p>_____</p> <p>Parent signature</p>	<p>Play an active game from the attached options</p> <p>_____</p> <p>Parent signature</p>	<p>Stretch for 10 minutes before going to bed</p>  <p>_____</p> <p>Parent signature</p>	<p>Do a Tabata workout (see attached instructions)</p> <p>_____</p> <p>Parent signature</p>	
<p>Do jumping jacks during every commercial of 2 favourite TV shows</p>  <p>_____</p> <p>Parent signature</p>	<p>Go for a 15-minute walk with a family member</p>  <p>_____</p> <p>Parent signature</p>	<p>Dance to 10 Just Dance Songs</p>  <p>_____</p> <p>Parent signature</p>	<p>Make up a short dance routine and show your family</p> <p>_____</p> <p>Parent signature</p>	<p>Play outside for 30 minutes or more</p>  <p>_____</p> <p>Parent signature</p>	
<p>Do a Tabata workout (see attached instructions)</p> <p>_____</p> <p>Parent signature</p>	<p>Do an on-line fitness work-out</p> <p>_____</p> <p>Parent signature</p>	<p><b>BONUS</b></p>		<p>Play on a play structure for 15 minutes</p>  <p>_____</p> <p>Parent signature</p>	<p>Teach your parents how to do burpees and do 100 together (not all at the same time)</p> <p>_____</p> <p>Parent signature</p>
<p>Help your parents do an outside chore (shovel snow etc.)</p>  <p>_____</p> <p>Parent signature</p>	<p>Play an active game from the attached options</p> <p>_____</p> <p>Parent signature</p>	<p>Do 100 Rope jumps today (with or without a rope)</p>  <p>_____</p> <p>Parent signature</p>	<p>Do an on-line fitness work-out</p> <p>_____</p> <p>Parent signature</p>	<p>Spend one day with no video games, computer or television</p> <p>_____</p> <p>Parent signature</p>	
<p>Play outside for 30 minutes or more</p>  <p>_____</p> <p>Parent signature</p>	<p>Do an Alphabet Warm-up Workout (A-Z two times)</p> <p>_____</p> <p>Parent signature</p>	<p>Go up and down stairs 20X</p>  <p>_____</p> <p>Parent signature</p>	<p>Go for a 15 minute walk with a family member</p>  <p>_____</p> <p>Parent signature</p>	<p>Play an active game from the attached options</p> <p>_____</p> <p>Parent signature</p>	

Exercise is FUN! - Track your Move-It Minutes:

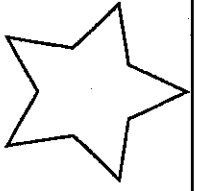
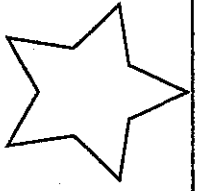
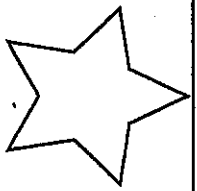
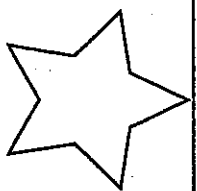
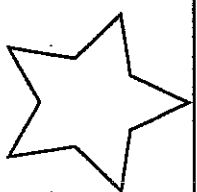


Write in your activities!	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Move-It minutes							
15 Move-It minutes							
15 Move-It minutes							
15 Move-It minutes							
15 Move-It minutes							
Color in the Star when you have done 1 hour!							
Extra Move-It minutes							

My favorite Move-It activities are:

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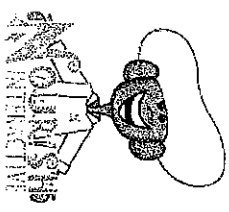
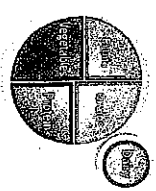


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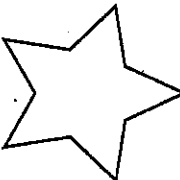
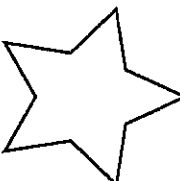
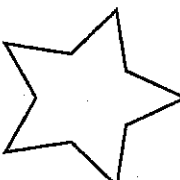


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My favorite Move-It activities are:

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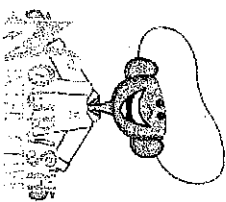
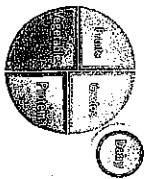


## Exercise is FUN! - Track your Move-It Minutes:

Write in your activities!	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Move-It minutes							
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15 Move-It minutes							
Color in the Star when you have done 1 hour!							
Extra Move-It minutes							

My favorite Move-It activities are:





















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# Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

<input type="checkbox"/> balance on one foot for 10 seconds		<input type="checkbox"/> bend and touch your toes 10x	
<input type="checkbox"/> crawl forward for 10 feet		<input type="checkbox"/> curl your body up and hold for 10 seconds	
<input type="checkbox"/> gallop for 10 steps		<input type="checkbox"/> hop on one foot 10x	
<input type="checkbox"/> jump in place 10x		<input type="checkbox"/> kneel up tall for 10 seconds	
<input type="checkbox"/> leap forward 10x		<input type="checkbox"/> roll in a straight line for 10 feet	
<input type="checkbox"/> run in place for 10 seconds		<input type="checkbox"/> sit and then stand up 10x	
<input type="checkbox"/> skip forward 10x		<input type="checkbox"/> slide to the right 10x slide to the left 10x	
<input type="checkbox"/> stomp your feet in place 10x		<input type="checkbox"/> straighten your body and hold for 10 seconds	
<input type="checkbox"/> stretch your legs for 10 seconds		<input type="checkbox"/> twist your body to the right and left 10x	
<input type="checkbox"/> walk backwards for 10 steps		<input type="checkbox"/> wiggle your body for 10 seconds	

Go to [www.YourTherapySource.com/superhero](http://www.YourTherapySource.com/superhero) for the complete download



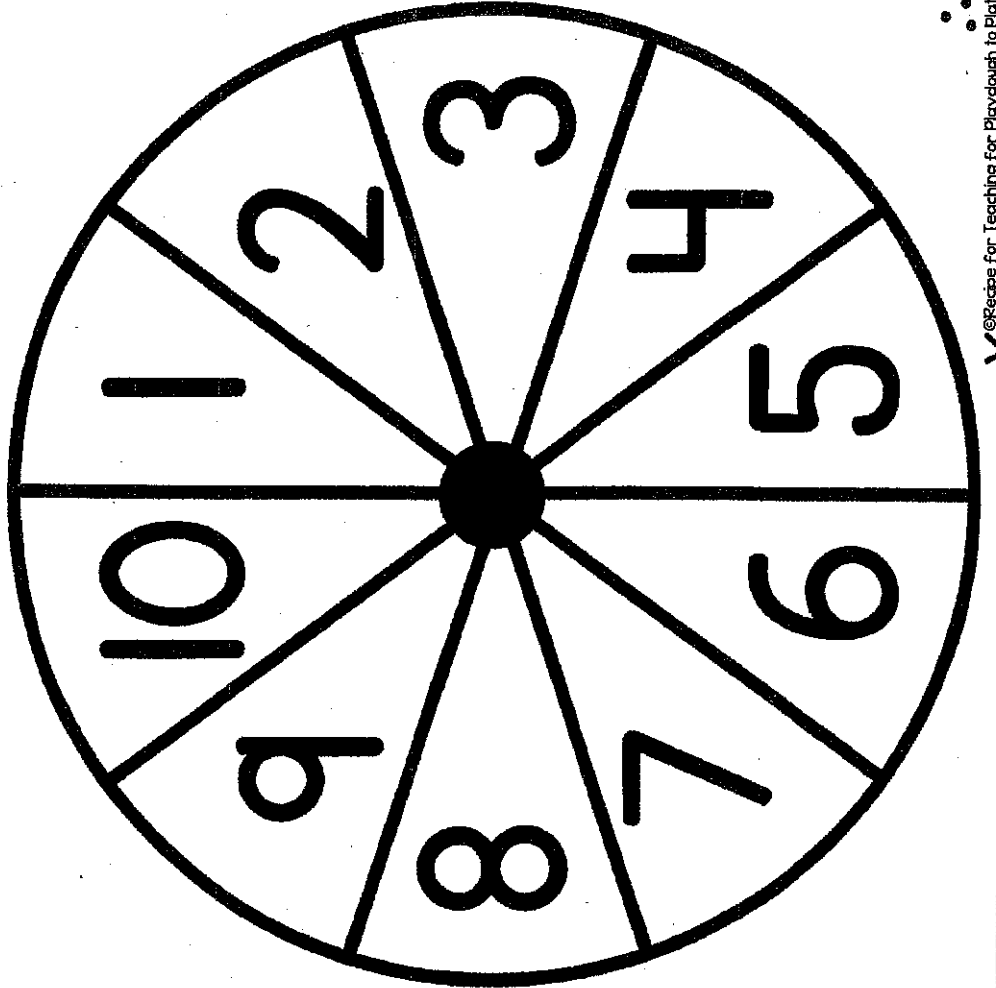
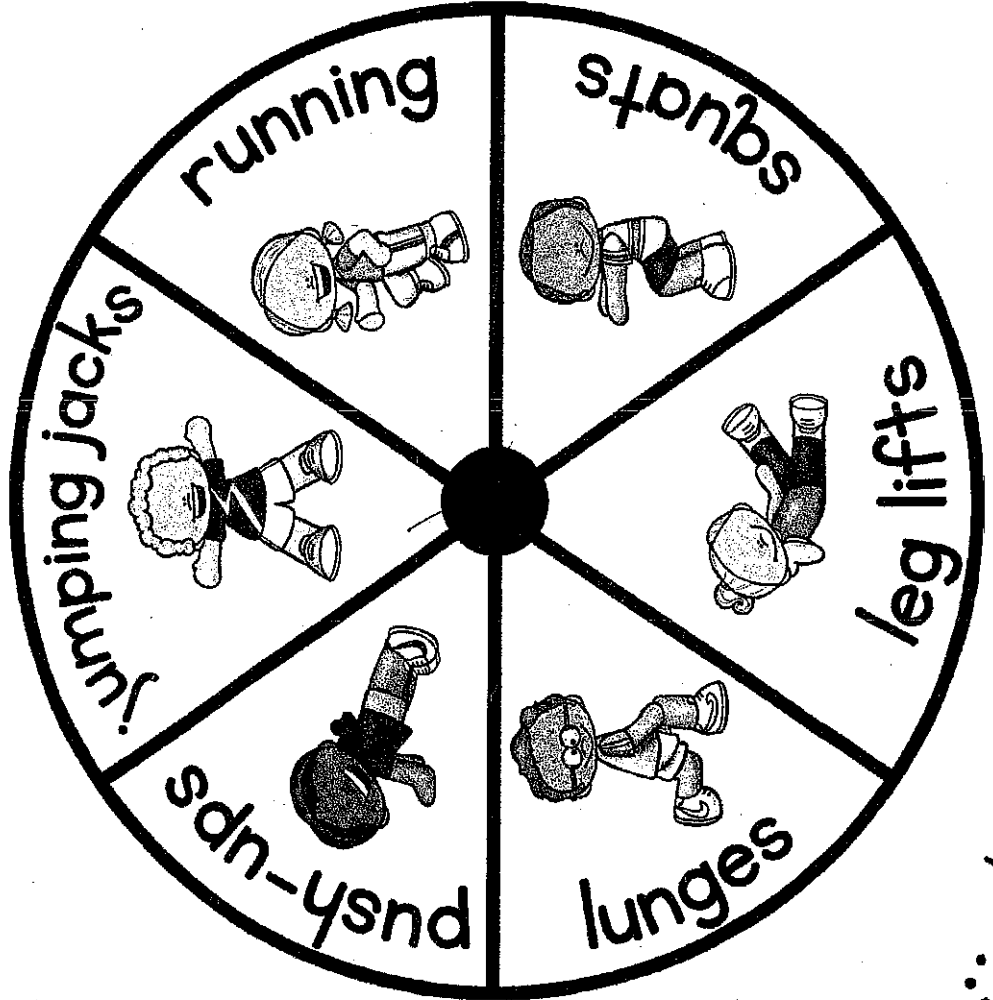
## 20 MINUTE WINTER WORKOUT

- 60 seconds:** Sprints up and down a flight of stairs, two steps at a time if you can.
- 60 seconds:** High knees (like a fast, bouncy, knees-up-to-chest march-in-place).
- 60 seconds:** Simulated jump rope.
- 40 seconds:** Squats, then a 20-second rest
- 40 seconds:** Jumping jacks, followed by 20-second rest.
- 40 seconds:** Push-ups, followed by 20-second rest
- 40 seconds:** Split squats (one foot in front of the other), 20 seconds each side; 20-second rest
- 40 seconds:** Mountain climbers, followed by a 20-second rest
- 2 minutes:** Rest
- 60 seconds:** Sprints up and down a flight of stairs, two steps at a time if you can.
- 60 seconds:** High knees (like a fast, bouncy, knees-up-to-chest march-in-place).
- 60 seconds:** Simulated jump rope.
- 40 seconds:** Squats, then a 20-second rest
- 40 seconds:** Jumping jacks, followed by 20-second rest.
- 40 seconds:** Push-ups, followed by 20-second rest
- 40 seconds:** Split squats (one foot in front of the other), 20 seconds each side; 20-second rest
- 40 seconds:** Mountain climbers, followed by a 20-second rest

Workout from MarieClaire <http://bit.ly/17V9AMW>. As with any workout, see a physician before beginning an exercise program.

# SPIN-AW-EXERCISE

First, spin the exercise spinner. Then, spin the 1-10 spinner to tell how many times to do that exercise. Repeat for more exercising fun!



**Finish**



**Do eight sit ups.**



Your laces are untied!  
Go back to Start.

**Crab walk AND sing Alphabet Song.**



You're full of energy! Take another turn.



**Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!**



**Jump from side to side as you count to 30.**

**Do seven push ups.**



**Count to 30 while you run in place.**



Oh no! You stopped to watch TV. Go back.

**Balance on one leg for 15 seconds.**



Oh no! You're out of breath! Lose a turn.

# Keep It Moving!

*Created by Andrea Thorpe  
www.embracinghim.com*

**Head, shoulders, knees, toes: nine times.**

**Super Skip Move Ahead**



You had a great warm up! Move ahead 3.



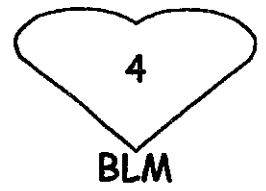
**Warm up by doing 10 jumping jacks.**

### Rules for play

- 1) Roll the die.
- 2) Move the number of spaces on the die.
- 3) When you land on a space with written directions, follow them.
- 4) Play until someone reaches the Finish box. Continue play to see who will finish second, third, etc.



**Start**



# Deal Your Way to Fitness



Ace = Run laps around your basement or up and down stairs for 30 seconds

King = 10 Push-ups

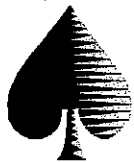
Queen = 10 Bench Step-ups

Jack = 10 Jump Jacks

*The following are the exercises for each of the different suits (except the face cards are as above):*



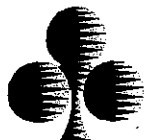
Hearts = That number of Jump Jacks



Spades = That number of Curl-Ups (sit-ups)



Diamonds = That number of Mountain Climbers for each leg



Clubs = That number of Line Jumps



# ROLL for Fitness!



*Directions: Roll two dice and add the numbers together. The sum of the dice determines the exercise movement.*

Roll a 2 - 5 pushups

Roll a 3 - 15 sit-ups

Roll a 4 - 15 squats

Roll a 5 - 20 mountain climbers (10 each side)

Roll a 6 - 10 Burpees

Roll a 7 - 25 jumps (with or without a rope)

Roll an 8 - 20 lunges (10 each leg)

Roll a 9 - 30 side jumps

Roll a 10 - 20 plank shoulder touches

Roll an 11 - 50 jumping jacks

Roll a 12 - 30 high knees (15 each leg)

*Groups of 2: Each partner tosses a die in the air, then catches it. Add the number facing up.*

# ALPHABET WARM-UP

A  
B  
C  
D  
E  
F  
G  
H  
I  
J  
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L  
M  
N  
O  
P  
Q  
R  
S  
T  
U  
V  
W  
X  
Y  
Z

- = JUMPING JACKS x10
- = PLANK 10sec
- = BENCH DIPS x5
- = CRAB WALK 10sec
- = STEP UPS x15
- = SKI JUMPS x15
- = MONKEY DANCE 10sec
- = LUNGES x10
- = HIGH KNEES 10sec
- = ARM CIRCLES x10
- = SUPERMAN 10sec
- = WALL SIT 10sec
- = SIT UPS x5
- = PUSH UPS x5
- = MOUNTAIN CLIMBERS x10
- = WALKING PLANK x10
- = SIT AND REACH 20sec
- = SEAL WALK 10sec
- = STAR JUMPS x10
- = BURPEES x10
- = BUTT KICKS 10sec
- = SIDE PLANKS 10sec
- = CHILDS POSE 10sec
- = TOE TOUCHES 10sec
- = SCISSOR JUMPS x20
- = YOUR CHOICE

## UNO Workout

**Green: Squats**

**Red: 30 second Planks**

**Blue: push ups**

**Action cards: 10 of your choice**

