**Physical Education Lesson for the Week**

**May 1st- 31st – National Sport and Fitness Month**

**May 11-15th, 2020**

* Check out our Virtual Field Day coming at the end of the month. Flyer Below
* **We have covered all the Muscles of the Month for the school year, we are going to continue to do a muscle of the week each week. Review the muscle with your child by saying what the muscle is for the week. Have them show you where it is on their body. Next, show them the picture on the slides to see if they were correct. Finally, explain what it is used for or have them explain what it is used for (attached you can use the slides/pictures to assist with your child).**
* **Continue Each Day During May to perform the activities on that specific day using your May activity calendar attached.**

**Monday-Thursday –** Try to practice your sit-ups throughout the week to prepare for the self- test on Friday, working on your abdominal muscles. See if you can do more sit-ups than the day before. Along with sit-ups try out some of the short videos to get you moving for the day and throughout the week.

**Click link** 🡪 <https://family.gonoodle.com/activities/the-maxarena>

**Click link** 🡪 <https://family.gonoodle.com/activities/tightrope>

**Friday – Self – Test day- follow the example video provided to help you perform the fitness test for the week involving the Abdominals. This will be a great way to test your muscular strength, muscular endurance, and abdominals for the week once you have completed all the daily skill/fitness routines.**

**Self – Test Video = Click the Icon 🡪**

<https://youtu.be/eRgIYwQHHDg>

**Try the Following for Friday’s Self-Test Day:**

**Sit-up self-test -Refer to the description at the bottom of the lesson.**

**Perform Sit-ups (Abdominal) Self-Test = Fitness Level or Titan Level (refer to charts provided below)**

**Be Safe, Be Healthy, Stay Active!**

**Shaler Area School District**

**Primary PE Department**

**Yours in Fitness and Health,**

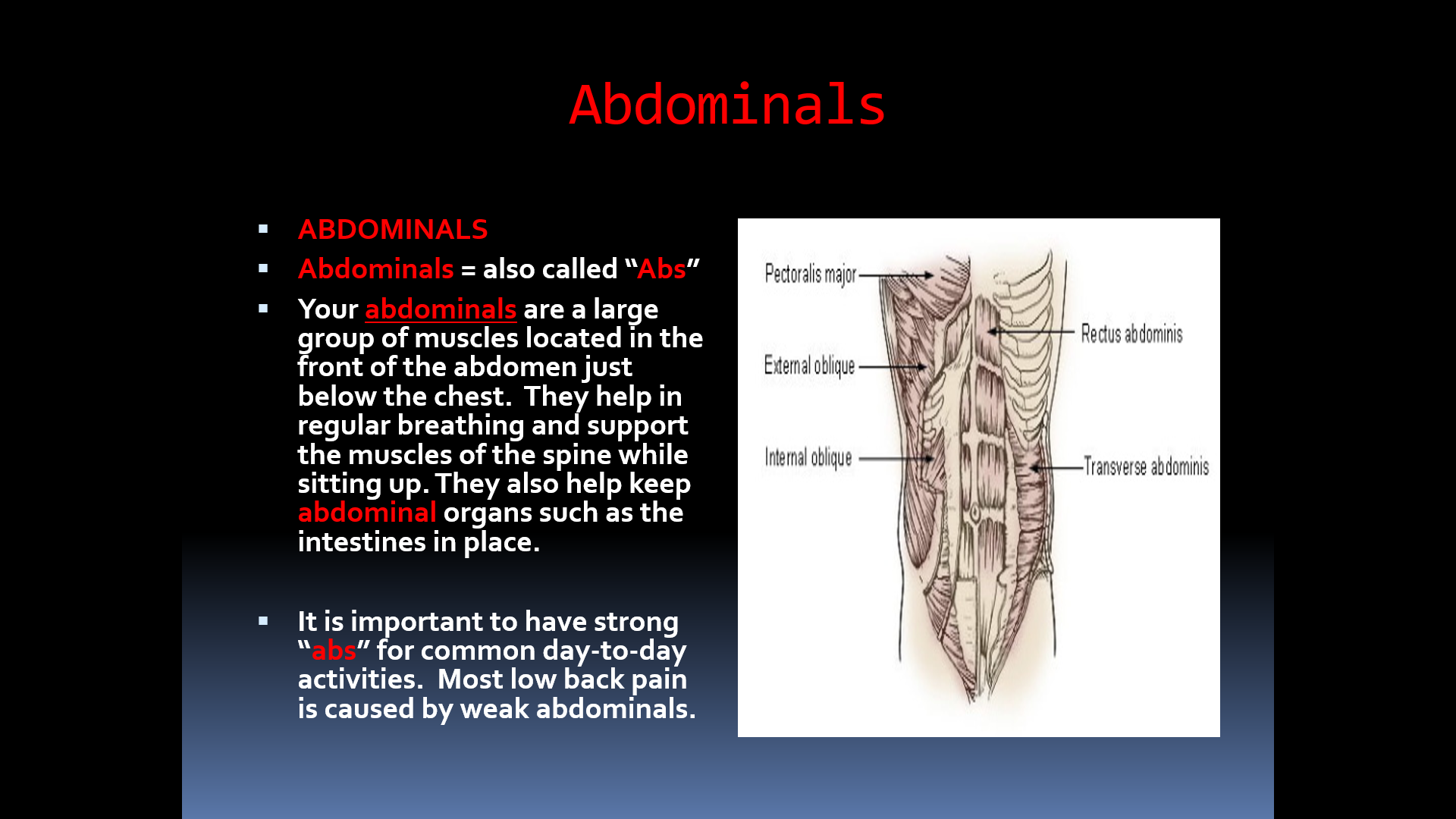
**Mr. Chmielewski**

**Muscle of the Week**

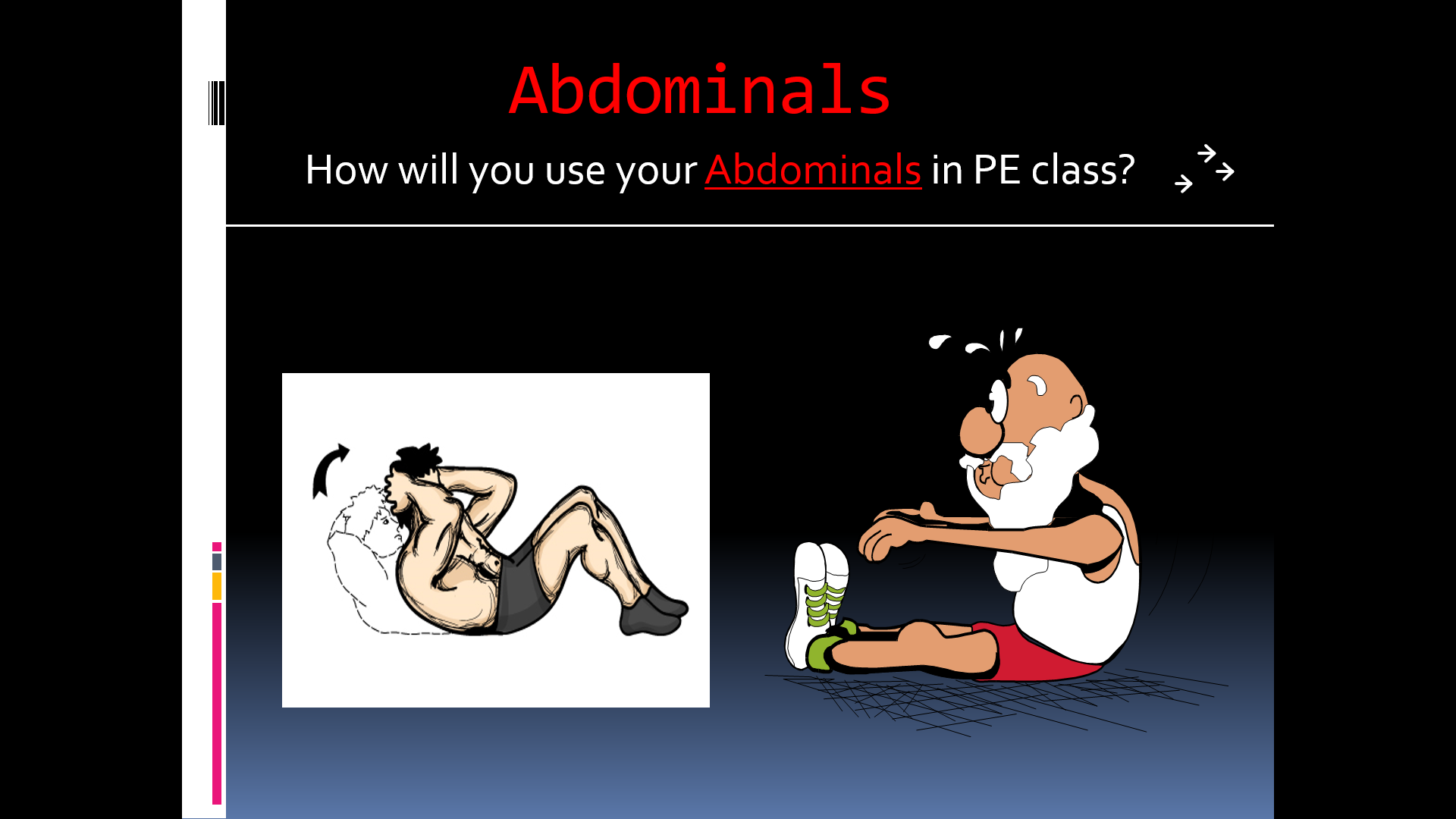


Muscle of the Week

**Function of the Abdominals**



**How do we use these muscles in PE?**



**The Fitness Test we use in PE CLASS for the Abdominals to test muscular strength, and muscular endurance –**

**Sit-up Test**



|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **National** **Observances**  ● May 1-7: National Physical Education and Sport Week ● May 4th: Star Wars Day  ● May 5th: Cinco de Mayo  ● May 6th:National Nurses Day ● May 10th: Mother’s Day | | | | |  | |  | | 1 **Commercial** **Break**  Can you hold a plank for an entire TV commercial break? | 2 **Dribble** **Challenge**  Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving? | |
| 3 **How** **Fast** **Can** **You** **Go?**  Pick a distance and see how fast you can run the distance. | | 4 **Star** **Jumps**  Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. | | 5 **Celebrate**  Put your favorite song on and make up a dance or fitness routine! | 6 **A** **Gratitude** **Attitude** Write down something you’re thankful for and why. | | 7 **Inchworms**  Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up. | | 8 **Teacup** **Tip-ups**  Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees. | 9 **Musical** **Frogs**  This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows). | |
| 10 **Positive** **Talk**  Be sure to talk to yourself today like you would talk to someone you love. | | 11 **Yoga**  Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. | | 12 **Wild** **Arms**  As fast as you can complete: 10 Arm Circles front & back 10 Forward punches  10 Raise the Roof’s Repeat 3x | 13 **Mindful** **Senses**  What do you notice around you? Find:  5 things you see 4 things you feel 3 things you hear 2 things smell  1 thing you taste | | 14 **Crawl** **Like** **a** **Seal**  Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight. | | 15 **Rock** **Paper** **Scissors** **Tag** Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.  . | 16 **Family** **Mindful** **Snacking** When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you’re eating. What do you notice? | |
| 17 **Rock** **Paper** **Scissors** **Tag** Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team. | | 18 **Chair** **Pose**  Hold for 30 seconds, relax then repeat. | | 19 **Paper** **Plate** **Planks**  In plank position with paper plates under your feet. Complete 30s each:  -mountain climbers -in and out feet  -knees to chest | 20 **Commercial** **Break**  Can you hold a plank for an entire TV commercial break? | | 21 **Jump,** **Jump**  Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice. | | 22 **Positive** **Talk**  Be sure to talk to yourself today like you would talk to someone you love. | 23 **Play** **Catch**  Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body. | |
| 24 **Before** **Bed** **Breathing**  While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe. | | 25 **Crane** **Pose**  Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. | | 26 **Step** **Jumps**  Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to. | 27 **A** **Gratitude** **Attitude** Write down something you’re thankful for and why. | | 28 **Wake** **and** **Shake**  As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times. | | 29 **Walls**  Face each wall in a room and do a different exercise for 30 seconds  -side shuffle  -grapevine to left then right -wide stance punches  -vertical jumps | 30 **How** **Fast** **Can** **You** **Go?** Pick a distance and see how fast you can run the distance. | |
| 31 **Wild** **Arms**  As fast as you can complete: 10 Arm Circles front & back 10 Forward punches  10 Raise the Roof’s Repeat 3x | | **SHAPE** **America** **recommends** **school-age** **children** **accumulate** **at** **least** **60** **minutes** **and** **up** **to** **several** **hours** **of** **physical** **activity** **per** **day.** **Each** **bout** **of** **physical** **activity** **should** **be** **followed** **by** **cool-down** **stretches** **that** **help** **reduce** **soreness** **and** **avoid** **injury.** **Happy** **exercising!**  Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) <https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx> | | | | | | | | | |
| SIT-UPS(1 minute) | | | | | | | | | | | |
| AGE | | BOYS ~  FITNESS | | | BOYS ~  TITAN | | GIRLS ~  FITNESS | | | GIRLS ~  TITAN | |
| 6 | | 22 | | | 33 | | 23 | | | 32 | |
| 7 | | 28 | | | 36 | | 25 | | | 34 | |
| 8 | | 31 | | | 40 | | 29 | | | 38 | |
| 9 | | 32 | | | 41 | | 30 | | | 39 | |
| 10 | | 35 | | | 45 | | 30 | | | 40 | |

**Sit-up – Description:**

**Lie on your back with knees flexed and feet about 12 inches from your Gluteus Maximus. Place your hands on the opposite shoulders with your arms crossed. Have a**

**partner hold your feet and count your Sit-ups. Holding your elbows close to your chest raise your trunk up to touch your elbows to your thighs. A complete sit-up is counted for**

**each time you lie back and touch your shoulders to the floor. Do as many sit-ups as you can in one minute.**



**Coming at the end of May – Look next week for Actual Dates**