

Physical Education distance learning packet

April 22-29

I have given 3 different types of work for this week. There is a physical activity/math color sheet, a nutrition worksheet using foods you have at home. New this week is an activity where you will be creating a newspaper page based on your likes, this activity is promoting a positive self-image.

Remember that all activities can be done at your own pace. None are required. I have tried to give students activities that require little intervention from an adult once they get started. Although nothing is required to be turned back into me. If you do turn them in, I will gladly take them and am excited to see the newspaper page you create this week!

All of this information can always be found on my website, www.duckspe.wordpress.org. New to our district is the elementary PE website, www.moscowpe.org, that I have helped to create along with Mr. Markley (West Park, Russell) and Mr. Briggs (Lena Whitmore). This new website will house the distance learning packets as well as resources for your family to use when looking for physical activity ideas. We will start posting challenges on the main page next week for you to try at home!

I am ALWAYS available via email if there are any questions for me or would like to show me pictures of your work, or of you exercising!

Have a great week!

Mrs. Carscallen

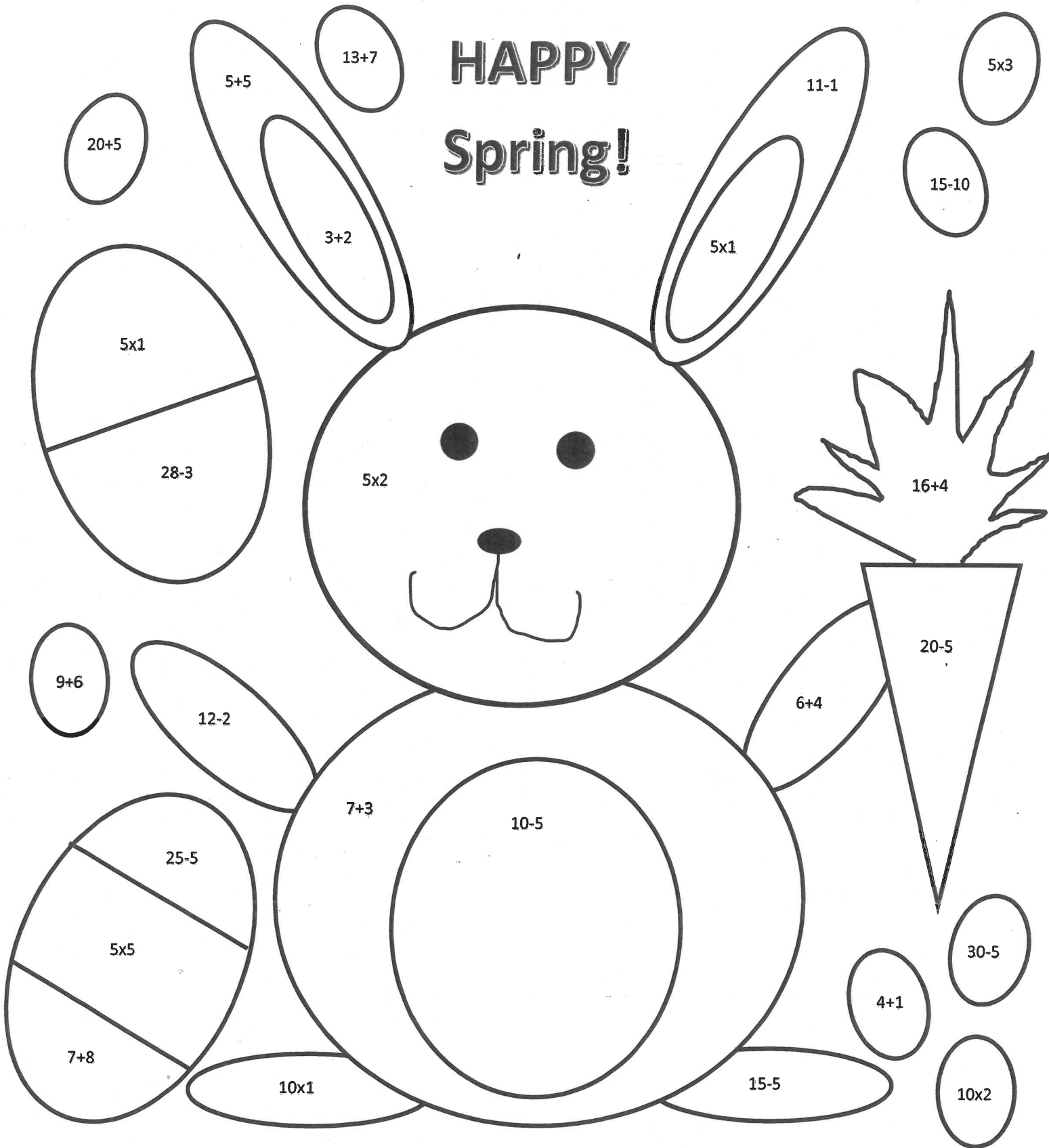
carscall@msd287.org

www.duckspe.wordpress.org

Physical Education

www.moscowpe.org

HAPPY Spring!



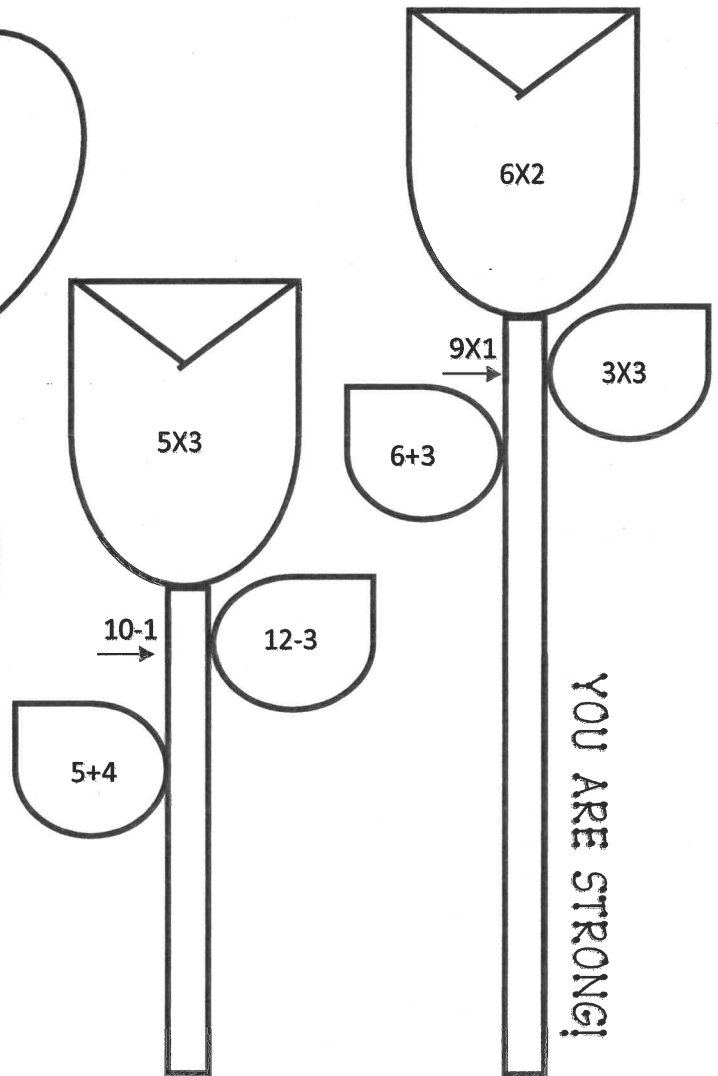
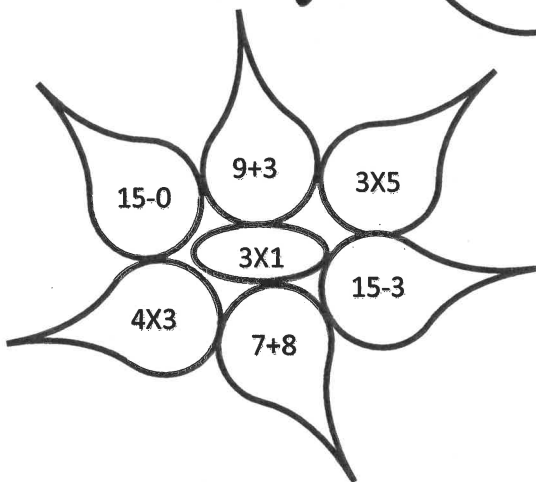
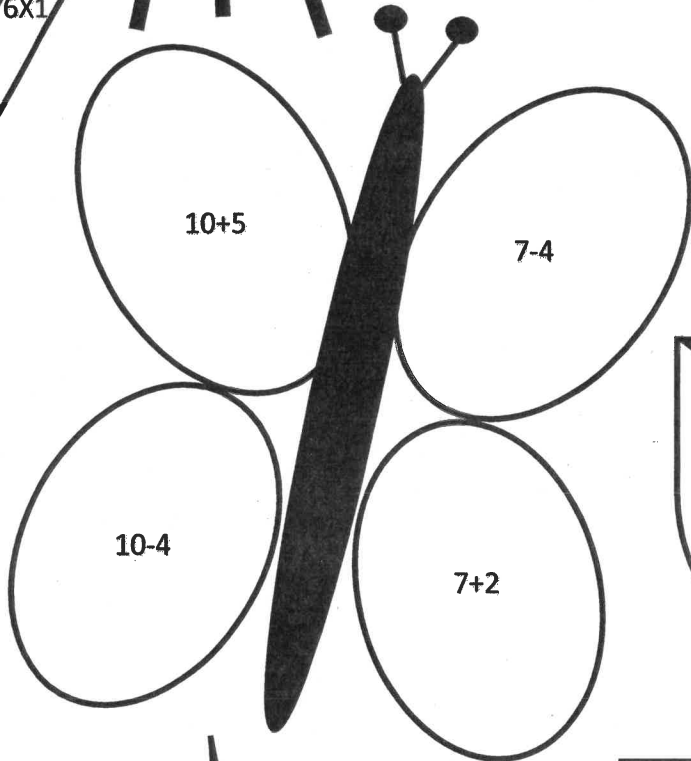
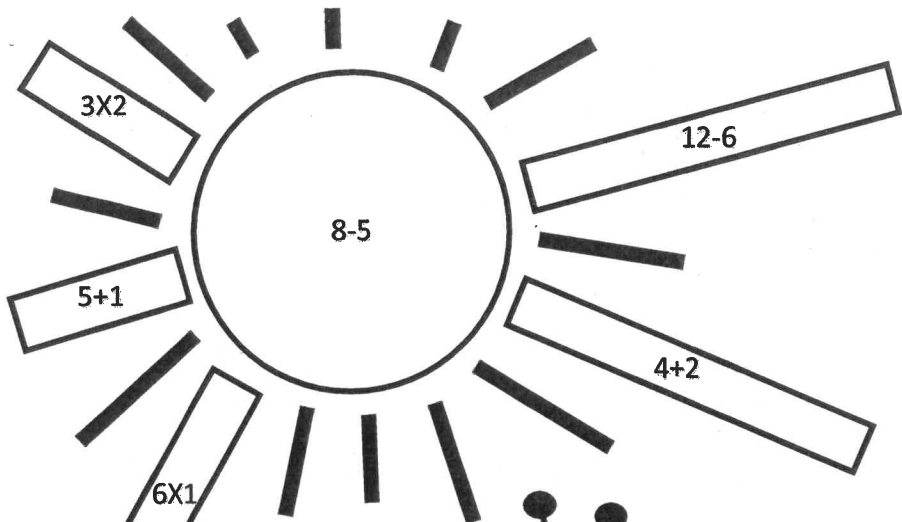
- | | | |
|---------------|-----------|--------------------------|
| PINK | 5 | PUSH UPS |
| BROWN | 10 | STAR JUMPS |
| ORANGE | 15 | SIT-UPS |
| GREEN | 20 | MOUNTAIN CLIMBERS |
| PURPLE | 25 | JUMPING JACKS |

***In each space, complete the math, color the shape, and perform the exercise to match!**

REPEAT to complete your picture and your workout!

YOU CAN DO IT

SPRING INTO FITNESS



*In each space, complete the math, color the shape, and perform the exercise to match!

REPEAT to complete your picture and your workout!

| | | |
|--------|----|-----------------------------|
| YELLOW | 3 | FORWARD ROLLS |
| ORANGE | 6 | LUNGES |
| GREEN | 9 | SQUATS |
| RED | 12 | HIGH KNEES |
| PURPLE | 15 | SECONDS OF A YOGA TREE POSE |

Fooducate Nutrition Challenge

Name _____

Grade _____

Directions: With permission from your parents, download the Fooducate app.

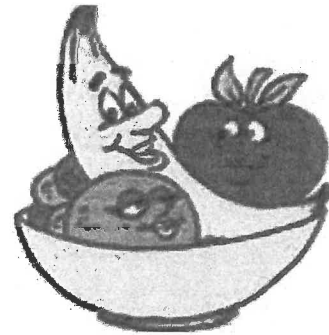
Once downloaded, click on *Food Finder*. Next, look for foods in your house that have a bar code. Scan 3 bar codes in each food group and record your findings below (A, B, C, D, and F).

FRUITS Any fruit or 100% fruit juice.

1. Food Item _____
Grade: _____

2. Food Item _____
Grade: _____

3. Food Item _____
Grade: _____

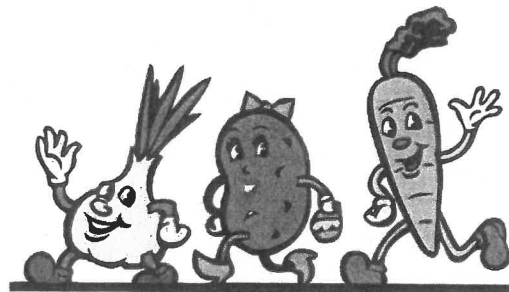


VEGETABLES Dark green, starchy, red and orange, beans and peas, and other vegetables

1. Food Item _____
Grade: _____

2. Food Item _____
Grade: _____

3. Food Item _____
Grade: _____



GRAINS Bread, pasta, cereal, oatmeal, tortillas, popcorn, and rice are examples of grain products.

- 1. Food Item _____
Grade: _____

- 2. Food Item _____
Grade: _____

- 3. Food Item _____
Grade: _____

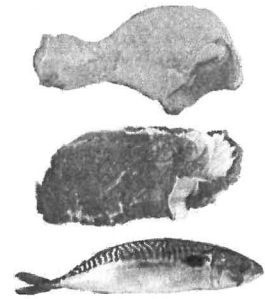


PROTEIN Meat, poultry, seafood, beans, eggs, nuts, and seeds.

- 1. Food Item _____
Grade: _____

- 2. Food Item _____
Grade: _____

- 3. Food Item _____
Grade: _____



DAIRY All fluid milk products, yogurt, and cheese

- 1. Food Item _____
Grade: _____

- 2. Food Item _____
Grade: _____

- 3. Food Item _____
Grade: _____



ADDITIONAL ACTIVITY/BONUS WORK

Reflection:

Which foods scanned at a grade lower than what you thought and why?

List a healthier alternative to the 3 of the foods you scanned.

Original: _____

Alternative: _____

Original: _____

Alternative: _____

Original: _____

Alternative: _____

Self Image

"Feeling good about yourself helps you develop a positive self image"

Vocabulary:

Self Image- how one sees oneself

The LIKE model →

L- LIKE yourself for who you are.

I- IDENTIFY your strengths and be proud of your accomplishments.

K- KEEP company with people who make you feel good.

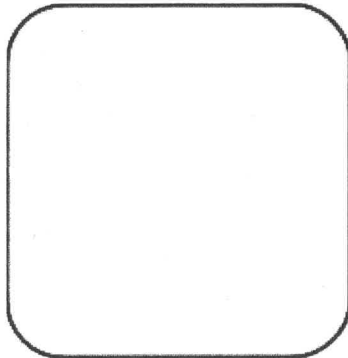
E- ENJOY yourself and do things that make you happy.

When we refer to self image we use the LIKE model. The LIKE model helps us recognize special qualities in ourselves and others.

When we have a positive self-image we approach other people, new situations, and challenges with a positive attitude. We can build a more positive self image by focusing on the things we are good at and that we like about ourselves. The LIKE model can be used to help build up the self-image of others as well.

Instructions: Create a newspaper article about yourself! Below is the outline for your assignment.

Extra, Extra



(Name) _____
(Grade) _____

***Draw a self portrait to the left**

What do I do best _____

My Family _____

My favorite Color _____

My Favorite Toy or Game _____

An Important Goal _____

