

Physical Education distance learning packet

May 13-20

The packet this week includes:

*2 challenge sheets for your physical activity. One is a toss and catch challenge, and the other is a balance challenge.

*Our last unit of academic content starts this week called Muscle Motion. There are 9 major muscle groups listed, their location and their function in your body.

*This week is also our last social emotional lesson, and it is about goal setting.

Just a reminder, all the work sent home in the P.E. distance learning packets is meant to be done at your own pace. I do not want to cause undue stress on our students and families. All material covered during the 4th quarter will be retaught next year. The physical activity components are there for you to use as a break in between other classes/subjects and can be completed as a family or alone!

Check out the Moscow elementary P.E. website, on the resources page for YouTube links to some of our favorite Just Dance videos, and movement videos. www.moscowpe.org

Have a great week!

Do not hesitate to send me a message if you have any questions!

Mrs. Carscallen
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AT HOME BALANCE QUEST

#1



#2



#3



#4



#5



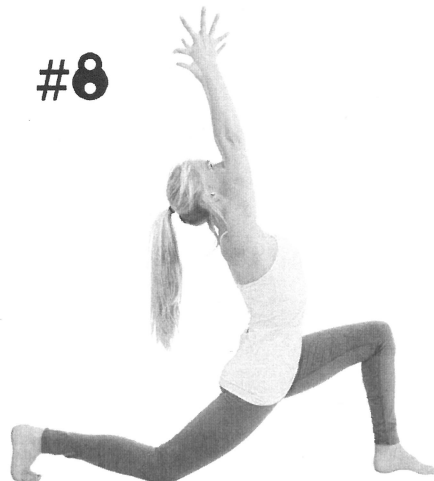
#6



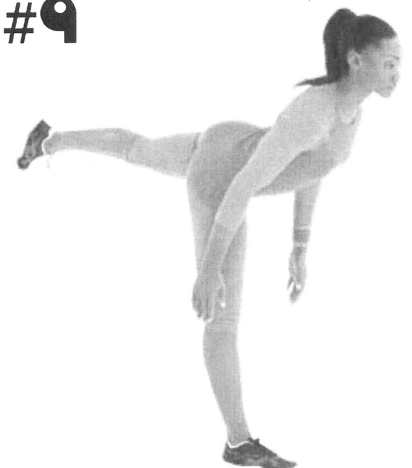
#7



#8



#9



Hold each position for 15 seconds, then switch legs.

AT HOME CATCH QUEST

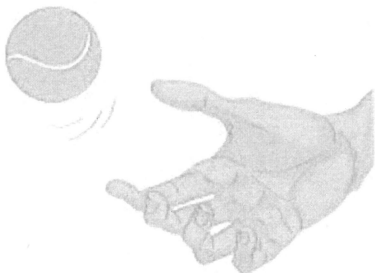
Try every challenge 20 times each, mistakes count too! You can use a ball, rolled up sock, stuffed animal, or anything you have around the house!

#1



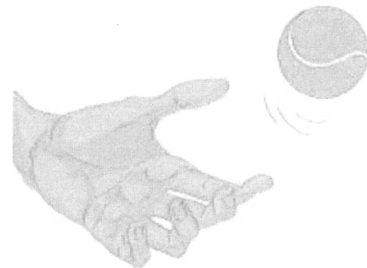
Catch the object with 2 hands

#2



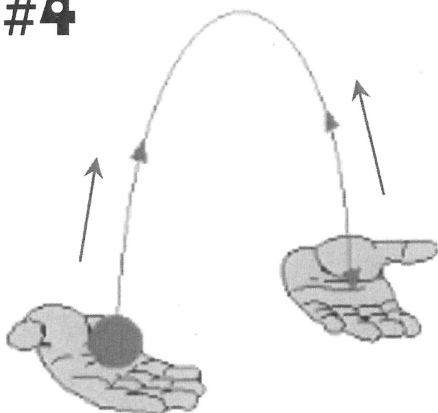
Catch the object with right hand

#3



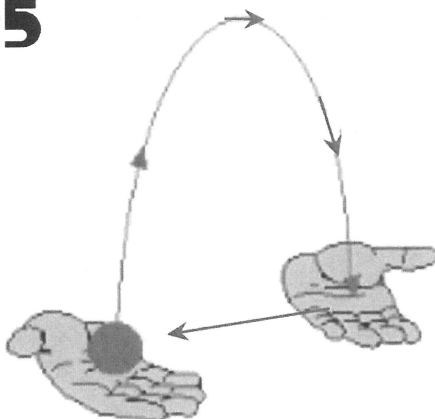
Catch the object with left hand

#4



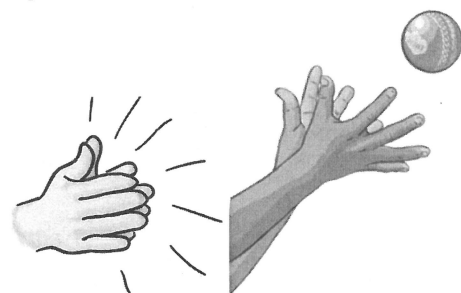
Toss back and forth between both hands

#5



Toss in a circle pattern

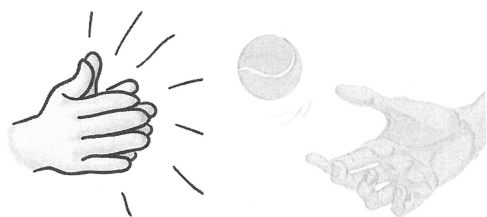
#6



Clap your hands

Toss, clap & catch with 2 hands

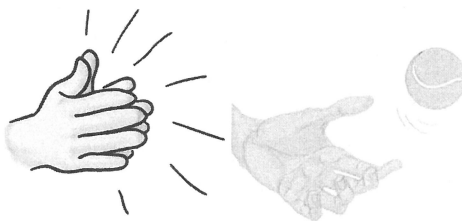
#7



Clap your hands

Toss, clap & catch with right hand

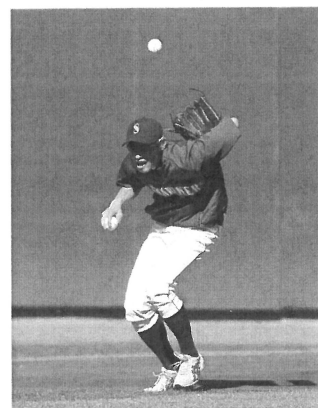
#8



Clap your hands

Toss, clap & catch with left hand

#9



Toss and catch behind your back

GOAL SETTING

Directions: complete the SMART model goal setting sheet by answering the questions.

S	Make it S pecific	What do you want to accomplish?
M	Make it M easurable	What do you want to accomplish?
A	Make it A ttainable	How can the goal be accomplished?
R	Make it R ealistic	Is the goal worth working hard to accomplish? Explain
T	Make it T imely	By when will the goal be accomplished?

MUSCLE MOTION

Without strong and healthy muscles, a person cannot move. Walking, sitting down, jumping and running are all jobs performed by the muscular system. The more than 650 muscles in the body have responsibility for specific movements. Knowing the names and locations of the muscles helps a person understand how the body moves.

Listed below are the muscles covered in the muscle motion unit.

Abdominals

Location: cover the stomach

Importance: to prevent injury to the back and internal organs

Biceps

Location: front top half of the arm (humerus)

Importance: to carry a load of wood or groceries, to water ski or wakeboard

Deltoids

Location: shoulder

Importance: to throw a ball, do a cartwheel, paint the house, or hang a picture

Gluteals

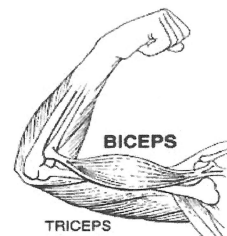
Location: buttocks

Importance: to stand up

Hamstrings

Location: back of the upper leg (femur)

Importance: to walk and run



Latissimus dorsi

Location: on the back by the armpit

Importance: to open a door or climb a tree

Pectorals

Location: chest

Importance: to push a lawnmower or shopping cart, or to play tennis

Quadricep

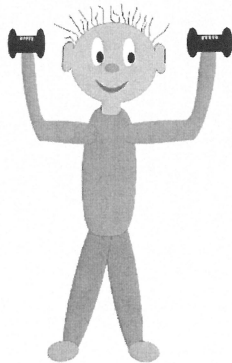
Location: front of the upper leg (femur)

Importance: to walk, run or kick

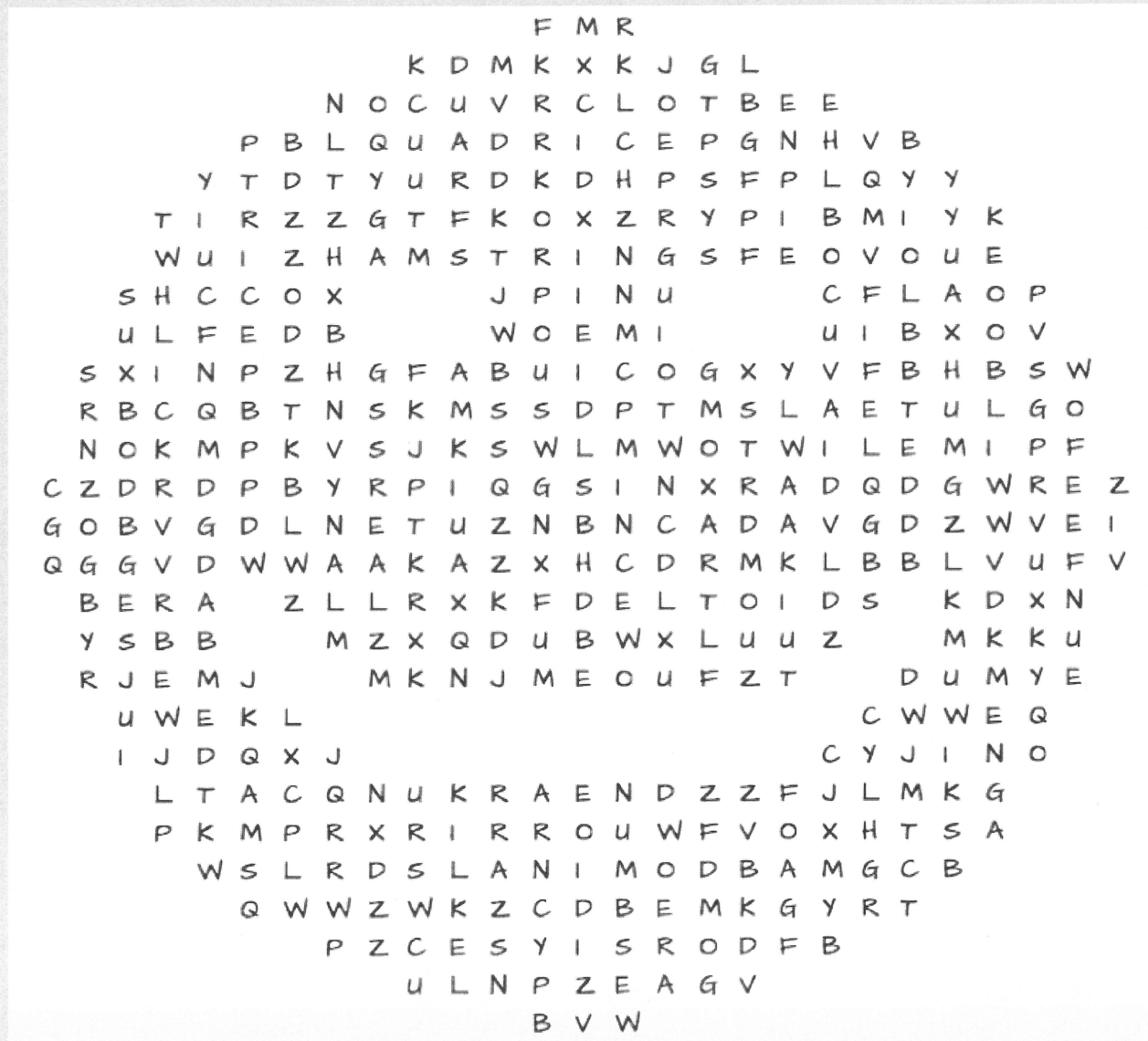
Tricep

Location: back of the upper arm (humerus)

Importance: to shoot a basketball, push away from the table, or to do pushups



Muscle Motion



Directions: Circle the hidden words in the puzzle above

Abdominals

Biceps

Deltoid

Gluteals

Tricep

Hamstrings

Latissimus Dorsi

Pectorals

Quadricep