

## Physical Education distance learning packet

May 6 – 13

The packet this week includes:

- \*A combined physical activity/academic content activity about energy providing nutrients
- \*Worksheet about making good choices

Your teachers have been at it again. We created another video for our students entitled, "You can count on me". If you have not seen it yet, here is the link, <https://youtube.com/8eyTqMVmDWA>. We have another video in production that I will share with you soon!

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 4<sup>th</sup> 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](http://www.moscowpe.org)

Have a great week, and I sure do miss seeing and hearing all the wonderful sounds of children working hard in the gym!

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

Mrs. Carscallen  
carscall@msd281.org

# My Choices... My Future!

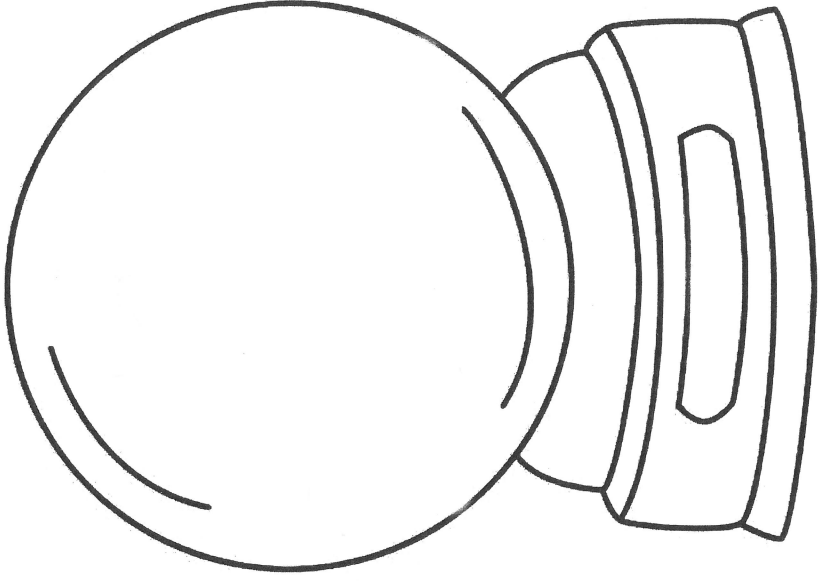
**3 good choices I would like to  
make this week...**

1) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

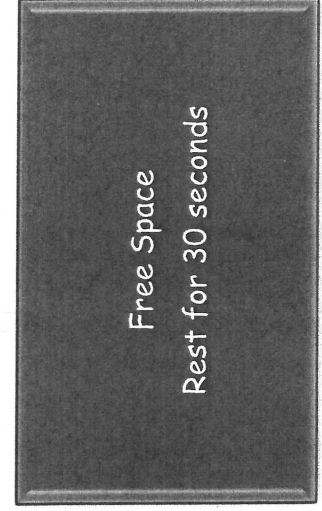
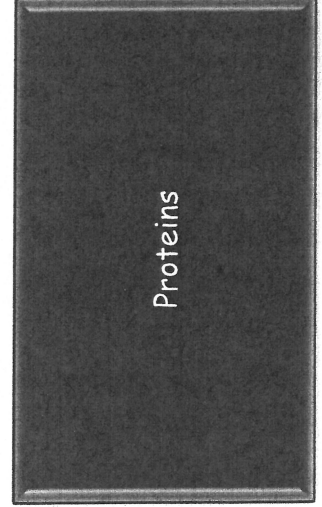
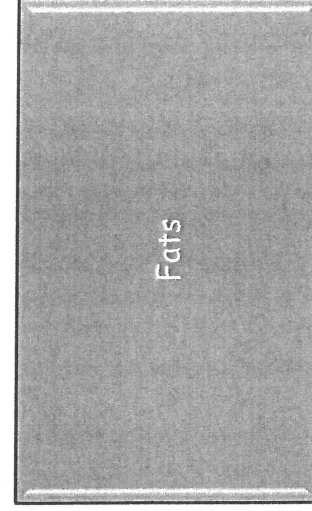
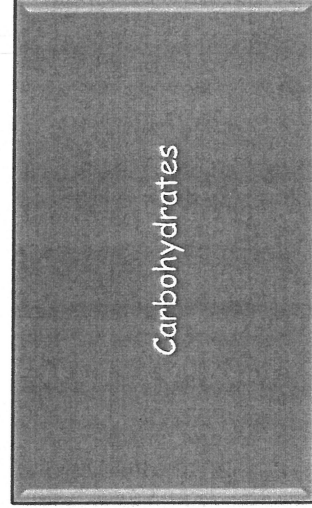
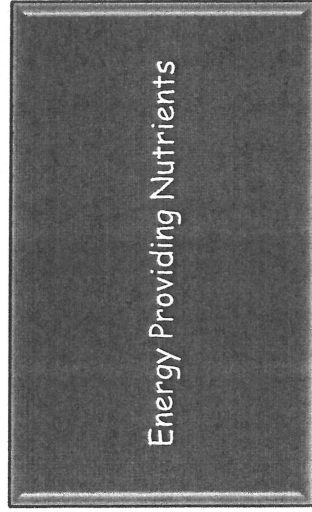
3) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I predict my future to look like this if I  
make these choices...**



# Energy Providing Nutrients Workout Game

**Directions:** Cut out the game cards. Put the game cards face down and mix them up. Set the game sign sheet next to the game cards. Set a timer for 10 minutes. When the timer starts, jog in place for 20 seconds. After 20 seconds pick one of the game signs and put a coin on it. Next, turn over one of the game cards. If your game sign matches the game card turned over, you need to do the exercise at the bottom of the sign. If your game sign does not match the game card, start jogging in place for 20 seconds. If you turn over the "free space" card, you get to rest for 30 seconds. After you have done the exercise or rested for 30 seconds, jog in place for 20 seconds again and put your coin on another sign. Continue until the 10 minutes are up. Challenge yourself to see if you can do the game for 15 or 20 minutes. Invite other people to play the game with you!





# Energy Providing

## Nutrients (4-9-4)

Carbohydrates	Calories per gram	4
Fats	Calories per gram	9
Proteins	Calories per gram	4

4 Sit ups, 9 Jumping Jacks, 4 Push Ups

# Carbohydrates

4 Calories per gram

The preferred source of energy

4 Sit Ups



# Fats

9 Calories per gram

Assists in nerve conduction & absorption of vitamins

9 Jumping Jacks

# PROTEIN

4 Calories per gram

Builds & Repairs Muscle Tissue

4 PUSH UPS

## Energy Providing Nutrients Fact Challenge

- The energy providing nutrients are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
- There are \_\_\_\_\_ calories per gram of fat.
- \_\_\_\_\_ are the preferred source of energy in foods.
- The energy providing nutrient protein has \_\_\_\_\_ calories per gram.
- \_\_\_\_\_ assist in nerve conduction and absorption of vitamins.
- There are \_\_\_\_\_ calories per gram of carbohydrates.
- \_\_\_\_\_ builds and repairs muscle tissue.

Nine

Proteins

Four

Fats

Carbohydrates

**Achieve a healthy, active lifestyle!**