

6th Grade PE Instructions

Hello everyone! I hope you are all staying safe and healthy! Since this is an interesting time and with all of the other work coming from your heftier core classes, I just want to encourage students to MOVE! Here is the list of things to look forward to this week:

Activities:

1. **Weekly Fitness Tracker** - start tracking your activities each day for the week. Try to get in 30 - 60 minutes of physical activity a day. Get up and get moving! There are a lot of things you can do like playing a game, cardio, stretching, or exercises. Be creative. Each week I am going to send you a challenge that incorporates the Components of Fitness that I would like you to try to include in your weekly fitness routine. There are suggested amounts for each, but there is a lot of flexibility for students to do something at their level. Choose an activity you enjoy! Please return by Friday afternoons via Google Classroom with a parent signature (if possible), to verify your work.
→ This week: Cardiovascular Endurance. See below for more information.
2. **DEAM Calendar** - this is for fun. I found this as a free resource and I think it would be a great challenge for students and/or families. Feel free to get creative and make it a competition between you and your family or just to challenge yourself. Have fun!
3. **Activities List** - I have included a list of activities for ideas for this week. I will also post more on Google Classroom. Some may include video links, so parents use at your discretion. They are merely suggestions and ideas to help students find activities to stay active.

Components of Fitness

There are five Components of Fitness that are taught in PE and Health classes. These five components are used to help students identify and create holistic workouts to target fitness for the body, therefore promote a healthy lifestyle. We will only focus on four. Each component is paired with the FITT Formula which stands for Frequency, Intensity, Time, and Time. These categories help narrow down how often each component should be completed during the week. There is a lot of flexibility and choice in this. For this week, your challenge is to add cardiovascular activities to your week:

Cardiovascular Endurance: is the ability of the heart, blood, blood vessels, and lungs to supply enough oxygen and necessary fuel to the muscles during long periods of physical activity. Participating in aerobic activities is the best way to improve cardiovascular endurance, because they require the body to use large amounts of oxygen for sustained periods of time. With the increased need for oxygen, the heart must be faster to pump more blood throughout the body. Over time the heart will become stronger and beat at a slower, more vigorous rate for longer periods of time without fatiguing.

- Examples: sustained exercise for 20 minutes or more such as walking, running, biking, swimming, hiking. Even sports with minimal breaks, like soccer, would count as cardio.

FITT FORMULA for Cardiovascular Endurance			
Frequency	Intensity	Time	Type
3-5 times per week	Moderate - High	20+ minutes (continuous)	Running, Biking, Soccer etc...

Name: _____

Weekly Fitness Tracker

Per: _____

Dates: _____

Use this activity log to track your activity over the next week. Try to complete 30 - 60 minutes of activity per day. Be sure to incorporate a combination of cardiovascular and muscular strength/endurance activities. Adding to stretching to your daily activity is also an option. See the instructions sheet for ideas. Be creative or try something new! Please return this Friday afternoon. Parent Signature or Initial to verify your minutes (if possible).

	Activity	Activity	Activity	Total Minutes
Example	Run	30 Pushups 30 Crunches 30 Mountain Climbers	Shooting Hoops	60 minutes & Parent Signature
	Time 20 minutes	Time 10 minutes	Time 30 minutes	
Monday				
	Time	Time	Time	
Tuesday				
	Time	Time	Time	
Wednesday				
	Time	Time	Time	
Thursday				
	Time	Time	Time	
Friday				
	Time	Time	Time	

APRIL

DEAM Calendar Drop Everything And Move

SPRING into action

Name: _____

Teacher: _____

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Spring into Action: Find someone to do 20 jumping jacks with you.
	2	Say your math facts while doing reverse lunges.
	3	Take a walk.
	4	Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.
	5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	6	Help a neighbor or friend with some spring cleaning!
	7	Do as many trunk-lifts as you can.
	8	Spring into Action: Find 2 people. Do 30 jumping jacks together.
	9	Do push-up shoulder taps while reciting your spelling words.
	10	Take a walk.
	11	Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.
	12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	13	Using an old container, gather soil, and plant flowers seeds.
	14	Do as many squats as you can.
	15	Spring into Action: Find 3 people. Do 40 jumping jacks together.
	16	Perform squat-jumps while naming the continents.
	17	Take a walk.
	18	Did you know donuts have ~280 calories? Jog in place for a 280 count.
	19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	20	Get 60 minutes of MVPA. You choose how!
	21	Do as many push-ups as you can.
	22	Spring into Action: Find 4 people. Do 50 jumping jacks together.
	23	Read a book while doing a wall sit.
	24	Take a walk.
	25	Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!
	26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	27	Invent a game and try it out!
	28	Do as many curl-ups as you can.
	29	Spring into Action: Find 5 people! Do 60 jumping jacks together.
	30	Spring into Action: Find someone to do 20 jumping jacks with you.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.



6th GRADE PE ACTIVITIES

Fitness Deck Workout

Shuffle the deck before you start. One round is one time through the deck. Play by yourself with or with others.

Suites	Exercise	Number of Reps
Hearts	Jumping Jacks	Number Card - complete the number of reps on the card Face Cards - 10 reps Aces - 11 reps Jokers - you decide
Clubs	Push Ups	
Spades	Squats	
Diamonds	Invisible Jump Rope Jumps	

Fitness UNO Workout

Shuffle the deck before you start. One round is one time through the deck. Play by yourself with or with others. Remember to call UNO!

Wild Cards & Skip Cards - discard	Red - Invisible Jump Rope
Reverse - count 10 reps backwards	Blue - Jumping Jacks
Draw 2 - draw 2	Green - Pushups
Wild Draw 4 - draw 4	Yellow - Crunches

Running Pyramid

Work on your cardiovascular endurance by completing the running pyramid. Levels 1 - 5 = 1 round.

Level 1	1 minute run	1 minute walk
Level 2	2 minutes run	1 minute walk
Level 3	3 minutes run	1 minute walk
Level 4	2 minutes run	1 minute walk
Level 5	1 minute run	1 minute walk

Exercise List from Class

Suggested sets and reps: 3x10 for 5 exercises.

Pushups Incline Pushups Decline Pushups Burpees Box Jumps	Crunches Situps Mountain Climbers Obliques Leg lifts	Scissors Planks Wall sits Jumping Jacks High knees
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