HOME ACTIVITY
PE VISUAL PACKET

**Boot Camp #1**
30 seconds each

**AMRAP**
(As many rounds as possible)
- 12 Push Ups
- 20 Skier Jumps
- 15 Tricep Dips
- Jog 3 Laps

**REPEAT**
- 20 Arm Circles
- 20 Vertical Jumps

**TABATA**
1. Jumping Jacks: 20
   - 10 sec rest
   - 20 sec move
2. Push-Ups: 20
   - 10 sec rest
   - 20 sec move
3. Crunches: 20
   - 10 sec rest
   - 20 sec move
4. Burpees: 20
   - 10 sec rest
   - 20 sec move
5. High Knees: 20
   - 10 sec rest
   - 20 sec move
6. Jog In Place: 20
   - 10 sec rest
   - 20 sec move

**FIDGET SPINNER P.E. SPIN BOARD**
- Marching Steps
- Straddle Jumps
- Scissor Steps
- Lunges
- Jog In A Circle
- Tricep Dips
- Curl-Ups

FITNESS AND PE SKILL VISUALS
Boot Camp #1

30 seconds each
Boot Camp #2

30 seconds each

HALF TURNS

MARCH IN PLACE

V-SIT

PLANK HOLD

BURPEES

SHOULDER STAND
1. JUMPING JACKS
   - 10 sec rest
   - 20 sec move

2. PUSH-UPS
   - 10 sec rest
   - 20 sec move

3. CRUNCHES
   - 10 sec rest
   - 20 sec move

4. BURPEES
   - 10 sec rest
   - 20 sec move

5. HIGH KNEES
   - 10 sec rest
   - 20 sec move

6. JOG IN PLACE
   - 10 sec rest
   - 20 sec move

1. HIGH INTENSITY INTERVAL TRAINING
1. MOUNTAIN CLIMBERS
20 sec move
10 sec rest

2. SQUATS
20 sec move
10 sec rest

3. SIT-UPS
20 sec move
10 sec rest

4. ARM CIRCLES
20 sec move
10 sec rest

5. GROUND DIPS
20 sec move
10 sec rest

6. WALL SIT
20 sec move
10 sec rest

HIGH INTENSITY INTERVAL TRAINING
AMRAP
(AS MANY ROUNDS AS POSSIBLE)

12 PUSH UPS

20 SKIER JUMPS

20 ARM CIRCLES

15 TRICEP DIPS

20 VERTICAL JUMPS

JOG 3 LAPS

NAVY BLUE WORKOUT
AMRAP (AS MANY ROUNDS AS POSSIBLE)

10 LUNGES

10 DIPS

10 STRADDLE JUMPS

15 CURL-UPS

REPEAT

WALL-SIT 20 SEC.

SKIP 2 LAPS

CANDY RED WORKOUT
FIDGET SPINNER
P.E. SPIN BOARD

- Jumping Jacks
- Tuck Jumps
- Squat Jumps
- Push-Ups
- Skip in a Circle
- Mountain Climbers
- Sit-Ups

FITNESS #1

©Pete Charrette (Cap'n Pete), 2017
FIDGET SPINNER P.E. SPIN BOARD

- STRADDLE JUMPS
- MARCHING STEPS
- SCISSOR STEPS
- LUNGES
- TRICEP DIPS
- CURL-UPS
- JOG IN A CIRCLE

FITNESS #2

©Pete Charrette (Cap’n Pete), 2017
FIDGET SPINNER
P.E. SPIN BOARD

ALT. LEG KICKS
VERTICAL JUMPS
SQUATS
PLANK HOLD
WALK IN A CIRCLE
BURPEES
V-SIT BALANCE

FITNESS #3
©Pete Charrette (Cap'n Pete), 2017
**SUPER CHALLENGES**

**1.**
- 2 hand toss
- 2 hand catch
- 20 times

**2.**
- 2 hand toss
- 1 hand catch
- 20 times

**3.**
- 1 hand toss
- 1 hand catch
- 20 times

**4.**
- Rainbow toss
- Cross body
- 20 times

**5.**
- Toss
- Touch ground
- 12 times

**6.**
- Toss
- Turn around
- 12 times

© Pete Charnette (Cap’n Pete), 2018
### Super Challenges

<table>
<thead>
<tr>
<th>PE Skills</th>
<th>Toss/Catch</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hand toss</td>
<td>Rainbow toss across body</td>
</tr>
<tr>
<td>1 hand catch</td>
<td></td>
</tr>
<tr>
<td></td>
<td><img src="hand_toss.png" alt="1 hand toss" /></td>
</tr>
<tr>
<td></td>
<td><img src="hand_catch.png" alt="1 hand catch" /></td>
</tr>
<tr>
<td></td>
<td><img src="rainbow_toss.png" alt="Rainbow toss across body" /></td>
</tr>
<tr>
<td></td>
<td><img src="rainbow_toss.png" alt="Rainbow toss across body" /></td>
</tr>
<tr>
<td></td>
<td><img src="rainbow_toss.png" alt="Rainbow toss across body" /></td>
</tr>
<tr>
<td>25 times</td>
<td>25 times</td>
</tr>
<tr>
<td>20 times</td>
<td>20 times</td>
</tr>
<tr>
<td>15 times</td>
<td>12 times</td>
</tr>
<tr>
<td>25 times</td>
<td>25 times</td>
</tr>
<tr>
<td>20 times</td>
<td>20 times</td>
</tr>
<tr>
<td>15 times</td>
<td>12 times</td>
</tr>
<tr>
<td>20 times</td>
<td>20 times</td>
</tr>
<tr>
<td>15 times</td>
<td>12 times</td>
</tr>
<tr>
<td>Step</td>
<td>Activity</td>
</tr>
<tr>
<td>------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>1</td>
<td>Tap up in air</td>
</tr>
<tr>
<td></td>
<td>Use finger tips</td>
</tr>
<tr>
<td>2</td>
<td>Tap up in air</td>
</tr>
<tr>
<td></td>
<td>1 hand to the other</td>
</tr>
<tr>
<td>3</td>
<td>Let balloon float low</td>
</tr>
<tr>
<td></td>
<td>Tap up from low point</td>
</tr>
<tr>
<td>4</td>
<td>Jump up high</td>
</tr>
<tr>
<td></td>
<td>Tap balloon up in the air</td>
</tr>
<tr>
<td>5</td>
<td>Volley balloon</td>
</tr>
<tr>
<td></td>
<td>Use bumps and sets</td>
</tr>
<tr>
<td>6</td>
<td>Hold balloon</td>
</tr>
<tr>
<td></td>
<td>Pull stem down</td>
</tr>
<tr>
<td></td>
<td>Jump up and catch</td>
</tr>
</tbody>
</table>
PG Ball Handling

1. Pass a ball around your waist 25 times
2. Roll or pass a ball around your feet 20 times

3. Roll or pass a ball in a "Figure 8" around your feet 20 times
4. Spin the ball on the ground one direction 15 times, change its direction

5. Toss the ball from one hand to the other, rainbow toss 25 times
6. Try to spin the ball on your fingers 12 times

Super Challenges
Double 2-1 Closed Stack
6 cups

Upstack and downstack 6 cups in two, 2-1 pyramids. Time yourself and see if you can beat your best time.

1
Cup Stacking

Double 2-1 Open Stack
6 cups

Upstack and downstack 6 cups in two, 2-1 pyramids. Time yourself and see if you can beat your best time.

2
Cup Stacking

Waist Twirl

Start it with your hands
Rock side to side or front to back

25 times

Hula Hoops

Neck Twirl

Start it with your hands
Keep your upper body stiff

22 times

Hula Hoops
Balance a pool noodle on the palm and the back of your hand. Try using both your left and your right hand.

Balance using both hands

1 MINUTE

Balance a pool noodle on top of your head. Try moving around the room while you balance it.

Balance and move

20 TIMES

Tap the ball back and forth from one hand to the other. Use your finger pads and increase the speed that you tap.

Tap Tap Tap

TAP AT HIGH AND LOW LEVELS

1 MINUTE

Roll or pass (hand to hand) the playground ball around your waist or legs. Try going both directions.

Pass or roll the ball

25 TIMES

Pool Noodles

Basketballs

Basketballs
**FOUR CORNER DRILL**

- Time your 4-corner movement

RUN - SLIDE STEP RACE PEDAL - GRAPEVINE

1. Start at cone 1 - Run Forward to cone 2.
2. Slide step facing out to cone 3.

**TURN AND SPRINT**

- Time your runs

RUN TO 1 - RUN BACK TO 2 - RUN PAST 2

1. Start at cone 1 in an “athletic stance.”
   - A. Run Forward to cone 2.
   - B. Turn quickly and run to cone 3.
   - C. Turn and sprint past cone 2.

**NFL COMBINE DRILL**

- Time your runs

RUN TO 2 - BACK TO 1
RUN AROUND 2 AND 3 BACK TO 1

1. Start the drill at cone 1.
   - A. Run to cone 2 and quickly turn back and run to cone 1.
   - B. Turn quickly and run around cone 2 and head to cone 3.
   - C. Go around the inside of cone 3 and head back to cone 2.
   - D. Go around the outside of 2 and finish the drill at cone 1.

**3 CONE SHUFFLE**

- Time your shuffle movement

SLIDE-STEP OR GRAPEVINE

1. Start behind cone number 2 and slide step or grapevine step sideways to and around cone number 3. Continue left and in front of cone 2. Keep moving left to and around cone number 1. Repeat the entire sequence 5 times.
**FLOSS DANCE INSTRUCTIONS**

1. **ARMS DOWN**
   - BY SIDES
   - AND MAKE FISTS

2. **SWING ARMS**
   - UP TO
   - LEFT SIDE

3. **SWING ARMS**
   - BACK UP TO
   - LEFT SIDE

4. **ARMS SWING**
   - ACROSS BODY
   - TO THE
   - RIGHT SIDE

5. **PULL ARMS**
   - BACK DOWN
   - SHARPLY

6. **SWING ARMS**
   - BACK ACROSS
   - BODY TO
   - LEFT SIDE

**Repeat 1 - 6**

©Pete Charrette (Cap'n Pete), 2018
Roll 1 die and perform the strength movements listed above. Roll and add 3 dice to determine the number of reps or seconds you will perform it.
Roll 1 die and perform the cardio movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.
ENDURANCE

Roll 1 die and perform the endurance movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.
# Jump Rope Skill Sheets

<table>
<thead>
<tr>
<th>SKILL</th>
<th>INSTRUCTIONS</th>
<th>TIPS</th>
<th>CUES</th>
</tr>
</thead>
</table>
| 1. Long Jump  | ✓ Stand at end of rope  
✓ Jump as far as possible down the rope  
✓ Repeat and try to go farther - 5 jumps | ▪ Squat low  
▪ Explode up and forward  
▪ Mark jump on rope where heels landed | STAND  
SQUAT  
JUMP       |
| 2. 2 Foot Jump| ✓ Stand at end of rope  
✓ Jump side-to-side (2 feet) down the rope  
✓ Repeat 10 times | ▪ Stay on balls of feet  
▪ Try not to touch rope  
▪ Skier motion | JUMP  
JUMP  
JUMP       |
| 3. 1 Foot Hop | ✓ Stand at end of rope  
✓ Hop side-to-side (1 foot) down the rope  
✓ Repeat 10 times | ▪ Stay on balls of feet  
▪ Try not to touch rope  
▪ Keep balanced | HOP  
HOP  
HOP       |
| 4. Criss-Cross| ✓ Stand at end of rope  
✓ Jump and cross then uncross legs down the rope  
✓ Repeat 10 times | ▪ Stay on balls of feet  
▪ Try not to touch rope  
▪ Cross-uncross, cross-uncross | JUMP  
CROSS  
JUMP  
CROSS       |
| 5. 1/2 Turn Over| ✓ Stand at end of rope  
✓ Jump and turn half way around (each jump) down the rope  
✓ Repeat 10 times | ▪ Stay on balls of feet  
▪ Try not to touch rope  
▪ Do not go too fast | JUMP  
TURN  
JUMP  
TURN       |

**Level 1 - Rope on Ground**
# Jump Rope Skill Sheets

<table>
<thead>
<tr>
<th>Skill</th>
<th>Instructions</th>
<th>Tips</th>
<th>Cues</th>
</tr>
</thead>
</table>
| 1. 2 Foot Jump | ✓ Jump on both feet  
✓ Land on the balls of your feet  
✓ Jump once for every revolution of the rope | • Turn rope from heels to toes  
• Feet together  
• Keep elbows in | Jump  
Jump  
Jump |
| 2. Skier Jump | ✓ Jump to the left  
✓ Jump to the right  
✓ Jump once for each revolution of the rope | • Turn rope from heels to toes  
• Move feet side to side  
• Feet together | Left  
Right  
Left  
Right |
| 3. Bell Jump | ✓ Jump forward  
✓ Jump back  
✓ Jump once for each revolution of the rope | • Turn rope from heels to toes  
• Move feet front to back  
• Feet together | Front  
Back  
Front  
Front |
| 4. Jogging Step | ✓ Step over left foot  
✓ Step over right foot  
✓ Continue alternating feet- jogging motion | • Turn rope from heels to toes  
• Alternate feet  
• Jogging steps | Left  
Right  
Left  
Right |
| 5. 1 Foot Hop | ✓ Hop on 1 foot continuously  
✓ Land on the same foot that hops over the rope | • Turn rope from heels to toes  
• Stay balanced  
• Head up | Hop  
Hop  
Hop |

**Level 3 - Basic Jumps - Forward**
HOW SHOULD I PREPARE TO EXERCISE?

**HAVE A PLAN**

“FUEL UP” WITH A HEALTHY SNACK

**BRING A POSITIVE ATTITUDE**

Get Music Prepared for Motivation

Put On Athletic Shoes

Wear clothing that will allow you to move

Warm Up Your Body

Have the correct equipment ready to go

Visualize Your Future Results
EXERCISE TIPS

DON’T PUT IT OFF
SET GOALS BUT BE REALISTIC

KEEP IT FUN
“WARM UP” YOUR BODY BEFORE YOU EXERCISE

Try to be active 1 hour a day
BREAK YOUR HOUR UP INTO SMALLER CHUNKS

Exercise with your family or friends

Stay Hydrated

Eat Healthy

DO SOME STATIC STRETCHING AFTER EXERCISE

©Pete Charrette (Cap’n Pete), 2016
**WHAT WILL I DO WHEN I GET HOME TODAY?**

<table>
<thead>
<tr>
<th>Dance</th>
<th>Climb</th>
<th>Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jog</td>
<td>Skate</td>
<td>Play</td>
</tr>
<tr>
<td>Tumble</td>
<td>Exercise</td>
<td></td>
</tr>
<tr>
<td>Jump Rope</td>
<td>Stretch</td>
<td>Self Defense</td>
</tr>
<tr>
<td>Pose</td>
<td>Hike</td>
<td>Move</td>
</tr>
<tr>
<td>Bike</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
WHAT WILL I DO WHEN I GET HOME TODAY?

- Make snow angels
- Walk or hike
- Play a sport

- Build a snowman
- Snowboard
- Cross country ski

- Slide
- Speed skate
- Build a fort

- Downhill ski
- Pull a friend
- Figure skate

- Sled
- Play with others
- Shovel snow

P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
<table>
<thead>
<tr>
<th>Habit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smile Proudly</td>
<td>Brush and Floss your teeth daily</td>
</tr>
<tr>
<td>Exercise Regularly</td>
<td>Move your body intentionally, 60 minutes a day</td>
</tr>
<tr>
<td>Learn Daily</td>
<td>Read interesting books, magazines and online articles</td>
</tr>
<tr>
<td>Fuel Your Body</td>
<td>Eat healthy, balanced meals and snacks</td>
</tr>
<tr>
<td>Clean Up</td>
<td>Shower/bathe your body on a regular basis</td>
</tr>
<tr>
<td>Apply When Needed</td>
<td>Use deodorant, sunscreen and hand soap often</td>
</tr>
<tr>
<td>Rest Up</td>
<td>Get 9-11 quality hours of sleep every night</td>
</tr>
<tr>
<td>Express Yourself</td>
<td>Wash and change your clothes routinely</td>
</tr>
</tbody>
</table>
HOME ACTIVITY
PE VISUAL PACKET

The original purchaser/downloader of this document is granted permission to copy for teaching purposes only. If you are NOT the original purchaser, please download the item from my store or site before making any copies. Redistributing, editing, selling, or posting this item or any part thereof on the Internet are strictly prohibited without first gaining permission from the author. Violations are subject to the penalties of the Digital Millennium Copyright Act.

Please contact me at pete.charrette@gmail.com you wish to be granted special permission.

https://www.teacherspayteachers.com/Store/Capn-Petes-Power-Pe

The clip art used in Cap’n Pete’s Physical Education Poster Series was obtained from the following vendor:

awaywiththepixels-
http://www.teacherspayteachers.com/Store/Awaywiththepixels