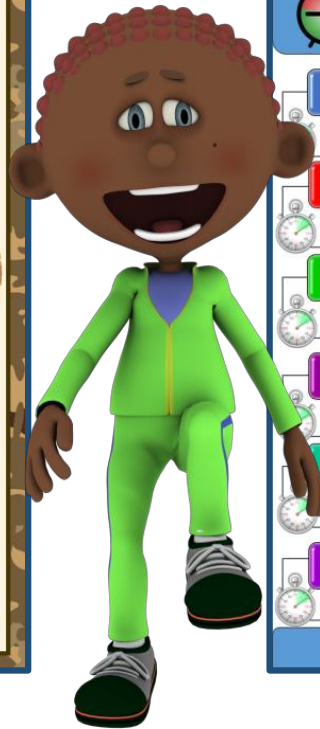


HOME ACTIVITY

PE VISUAL PACKET

Boot Camp #1
30 seconds each

- JUMPING JACKS
- SQUATS
- BUTTERFLY STRETCH
- TUCK JUMPS
- PUSH-UPS
- JUMP ROPE



TABATA

- JUMPING JACKS**
10 SEC REST | 20 SEC MOVE
- PUSH-UPS**
10 SEC REST | 20 SEC MOVE
- CRUNCHES**
10 SEC REST | 20 SEC MOVE
- BURPEES**
10 SEC REST | 20 SEC MOVE
- HIGH KNEES**
10 SEC REST | 20 SEC MOVE
- JOG IN PLACE**
10 SEC REST | 20 SEC MOVE

1 HIGH INTENSITY INTERVAL TRAINING

AMRAP

(AS MANY ROUNDS AS POSSIBLE)

REPEAT

- 12 PUSH UPS
- 20 SKIER JUMPS
- 15 TRICEP DIPS
- JOG 3 LAPS
- 20 ARM CIRCLES
- 20 VERTICAL JUMPS

NAVY BLUE WORKOUT



FIDGET SPINNER P.E. SPIN BOARD

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

FITNESS #2

FITNESS AND PE SKILL VISUALS

ACTIVITY VISUALS

FLOSS DANCE INSTRUCTIONS

START
ARMS DOWN BY SIDES AND MAKE FISTS
ARMS SWING ACROSS BODY TO THE RIGHT SIDE
4
SWING HIP TO THE LEFT

1
SWING ARMS UP TO LEFT SIDE
SWING HIP TO THE RIGHT
PULL ARM BACK DOWN SHARPLY

2
PULL ARMS BACK DOWN SHARPLY
THRUST HIP TO THE LEFT
SWING ARMS BACK UP TO RIGHT SIDE
SWING HIP TO THE LEFT

3
SWING ARMS BACK UP TO LEFT SIDE
SWING HIP TO THE RIGHT
SWING ARMS BACK DOWN SHARPLY
SWING HIP TO THE LEFT
REPEAT 1 - 6
SWING HIP TO THE RIGHT

Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump	<ul style="list-style-type: none"> Stand at end of rope Jump as far as possible down the rope-measure Repeat and try to go farther- 5 jumps 	<ul style="list-style-type: none"> Squat low Explode up and forward Mark jump on rope where heels landed 	STAND SQUAT JUMP
2. Side Jump	<ul style="list-style-type: none"> Stand at end of rope Jump side-to-side (2 feet) down the rope Repeat 10 times 	<ul style="list-style-type: none"> Stay on balls of feet Try not to touch rope Skier motion 	JUMP JUMP JUMP
3. Hop	<ul style="list-style-type: none"> Stand at end of rope Hop side-to-side (1 foot) down the rope Repeat 10 times 	<ul style="list-style-type: none"> Stay on balls of feet Try not to touch rope Keep balanced 	HOP HOP HOP
4. Cross	<ul style="list-style-type: none"> Stand at end of rope Jump and cross then uncross legs down the rope Repeat 10 times 	<ul style="list-style-type: none"> Stay on balls of feet Try not to touch rope Cross-uncross, cross-uncross 	JUMP CROSS JUMP CROSS
5. 1/2 Turn Over	<ul style="list-style-type: none"> Stand at end of rope Jump and turn Repeat 10 times 	<ul style="list-style-type: none"> Stay on balls of feet Try not to touch rope 	JUMP TURN JUMP

Level 1 Rope on Ground
1 foot jump down
1 foot up to



STRENGTH

Plank
Squats
Curlyups
Lunge
Wall Sit
Pushups

REPS/TIME
2 DICE ROLL

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.

1 DICE

Boot Camp #2

HALF TURNS
BURPEES
MARCH IN PLACE
SHOULDER STAND
V-SIT
PLANK HOLD
PUSHUPS

30 seconds each

JUMPING

JACKS



SQUATS



BUTTERFLY STRETCH



TUCK JUMPS

PUSH-UPS

JUMP ROPE



Boot Camp #1

30 seconds each





30 seconds each





TABATA

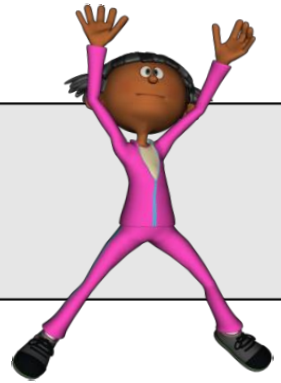


1. JUMPING JACKS



10 SEC REST

20 SEC MOVE



2. PUSH-UPS



10 SEC REST

20 SEC MOVE



3. CRUNCHES



10 SEC REST

20 SEC MOVE

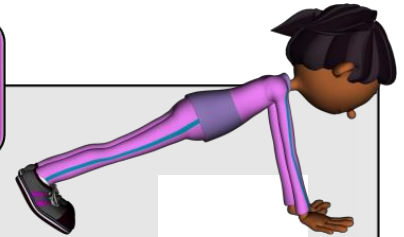


4. BURPEES



10 SEC REST

20 SEC MOVE

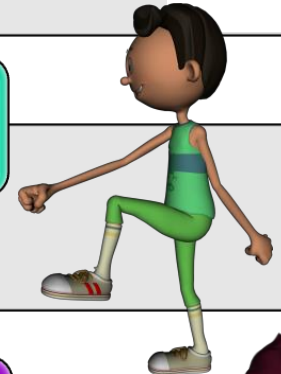


5. HIGH KNEES



10 SEC REST

20 SEC MOVE



6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



1

HIGH INTENSITY INTERVAL TRAINING



TABATA



1. MOUNTAIN CLIMBERS



10 SEC REST

20 SEC MOVE



2. SQUATS



10 SEC REST

20 SEC MOVE



3. SIT-UPS



10 SEC REST

20 SEC MOVE



4. ARM CIRCLES

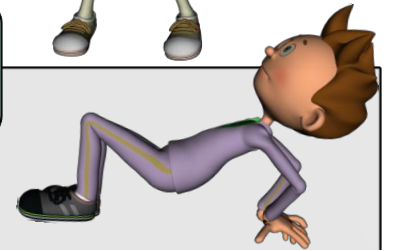


10 SEC REST

20 SEC MOVE



5. GROUND DIPS

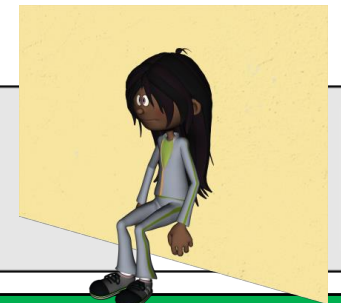


10 SEC REST

20 SEC MOVE



6. WALL SIT



10 SEC REST

20 SEC MOVE



2

HIGH INTENSITY INTERVAL TRAINING



AMRAP

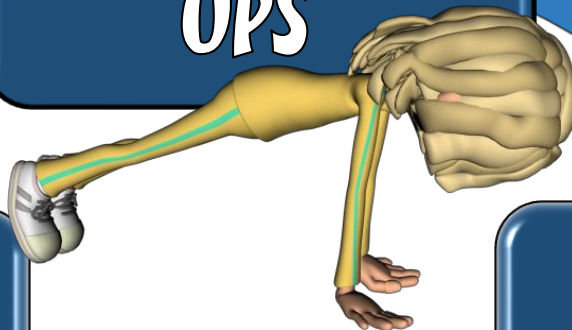


(AS MANY ROUNDS AS POSSIBLE)



20
SKIERS
JUMPS

12 PUSH
UPS



20
ARM CIRCLES



15 TRICEP
DIPS

R
E
P
E
A
T

20 VERTICAL
JUMPS



JOG
3 LAPS





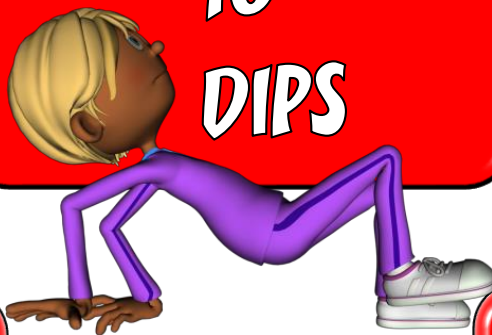
AMRAP



(AS MANY ROUNDS AS POSSIBLE)



10 LUNGES

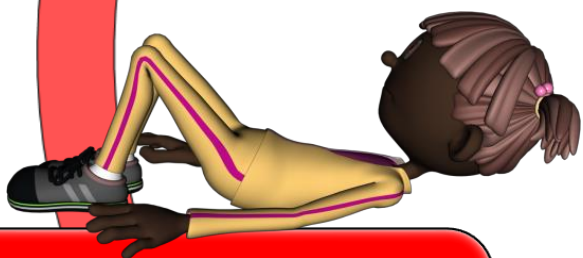


10 DIPS



10 STRADDLE JUMPS

**R
E
P
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A
T**



**15
CURL-UPS**

**SKIP
2 LAPS**



**WALL-SIT
20 SEC.**



FIDGET SPINNER P.E. SPIN BOARD



JUMPING JACKS

TUCK JUMPS

SQUAT JUMPS

PUSH-UPS

SKIP IN A CIRCLE

MOUNTAIN CLIMBERS

SIT-UPS

FIDGET SPINNER P.E. SPIN BOARD



FIDGET SPINNER P.E. SPIN BOARD



ALT. LEG KICKS

VERTICAL JUMPS

SQUATS

PLANK HOLD

WALK IN A CIRCLE

BURPEES

V-SIT BALANCE



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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
1 HAND CATCH

20
Times

5



TOSS
TOUCH GROUND
CATCH

12
Times

6



TOSS
TURN AROUND
CATCH

12
Times

SUPER CHALLENGES

DAB





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1



**1 HAND TOSS
1 HAND CATCH**

**25
Times**

2



**RAINBOW TOSS
ACROSS BODY**

**25
Times**

3



**1 HAND TOSS
TOUCH OPPOSITE
SHOULDER
CATCH**

**20
Times**

4



**1 HAND TOSS
TOUCH OPPOSITE
FOOT
CATCH**

**20
Times**

5



**TOSS
TOUCH GROUND
CATCH**

**15
Times**

6



**TOSS
TURN AROUND
CATCH**

**12
Times**

SUPER CHALLENGES





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1



**TAP UP IN AIR
USE FINGER TIPS**

**30
Times**

2



**TAP UP IN AIR
1 HAND TO
THE OTHER**

**30
Times**

3



**LET BALLOON
FLOAT LOW
TAP UP FROM
LOW POINT**

**20
Times**

**JUMP UP HIGH
TAP BALLOON
UP IN THE AIR**

**20
Times**

4



5



**VOLLEY BALLOON
USE BUMPS
AND SETS**

**30
Times**

**HOLD BALLOON
PULL STEM DOWN
JUMP UP
AND CATCH**

**15
Times**

6



SUPER CHALLENGES

DAB





PG BALL HANDLING

1

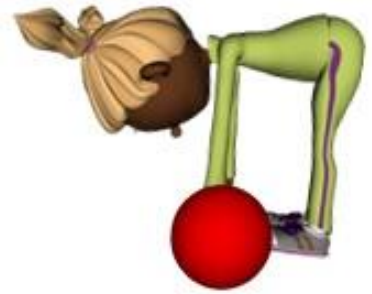
PASS A BALL AROUND YOUR WAIST



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



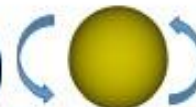
20 Times

4

SPIN THE BALL ON THE GROUND ONE DIRECTION CHANGE IT'S DIRECTION



15 Times



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

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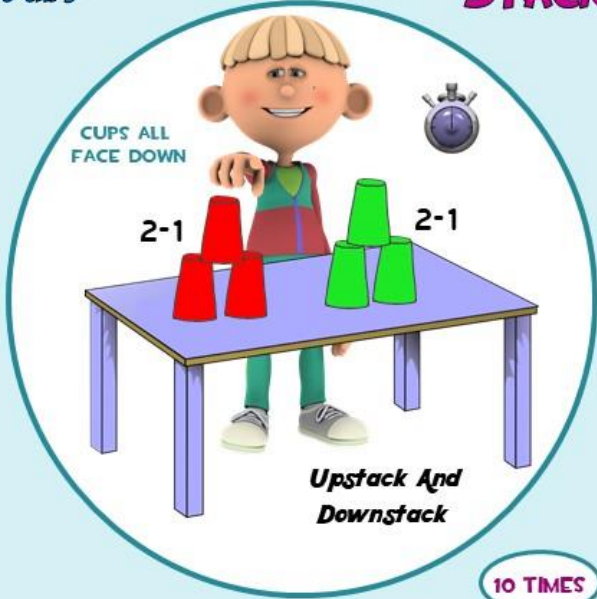
SUPER CHALLENGES

DAB



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



©Pete Chermak (Cap'n Pete), 2023

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



©Pete Chermak (Cap'n Pete), 2023

WAIST TWIRL



Twirl a hula hoop around your waist in either direction. See how long you can keep it moving without it dropping.

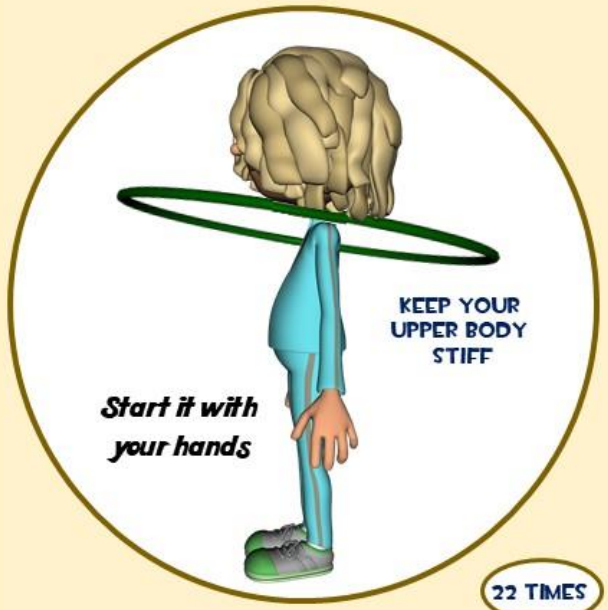
17

HULA HOOPS



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NECK TWIRL



Twirl a hula hoop around your neck in either direction. See how long you can keep it moving without it dropping.

18

HULA HOOPS



©Pete Chermak (Cap'n Pete), 2023

BALANCE ON HANDS

TRY
BALANCING
ON JUST 1
FINGER



*Balance
using both
hands*

1 MINUTE

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

1

POOL NOODLES



©Pete Chantler (Cap'n Peab), 2020

BALANCE ON HEAD

TRY BALANCING
IT ON OTHER
BODY PARTS



*Balance
and move*

20 TIMES

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

2

POOL NOODLES



©Pete Chantler (Cap'n Peab), 2020

BASKETBALL TAP

*Tap
Tap
Tap*



TAP AT
HIGH AND
LOW LEVELS

1 MINUTE

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

9

BASKETBALLS



©Pete Chantler (Cap'n Peab), 2020

PASS AROUND BODY

USE YOUR
FINGERPADS
TO TOUCH
THE BALL



*Pass or roll
the ball*

25 TIMES

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

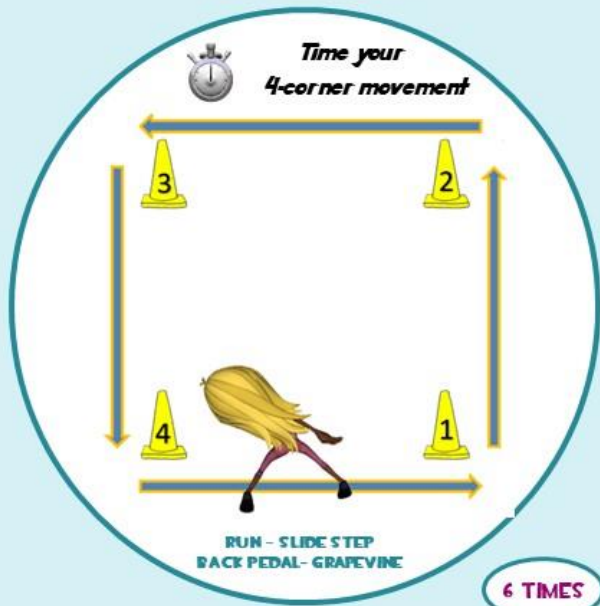
10

BASKETBALLS



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FOUR CORNER DRILL



Start at cone 1- Run Forward to cone 2.
Slide step facing out to cone 3.
Back pedal to cone 4.
Grapevine step back to cone 1.

1

CONES AND POLYSPOTS



©Pete Chamata (Cap'n Peet), 2020

TURN AND SPRINT



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.

2

CONES AND POLYSPOTS



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NFL COMBINE DRILL



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.

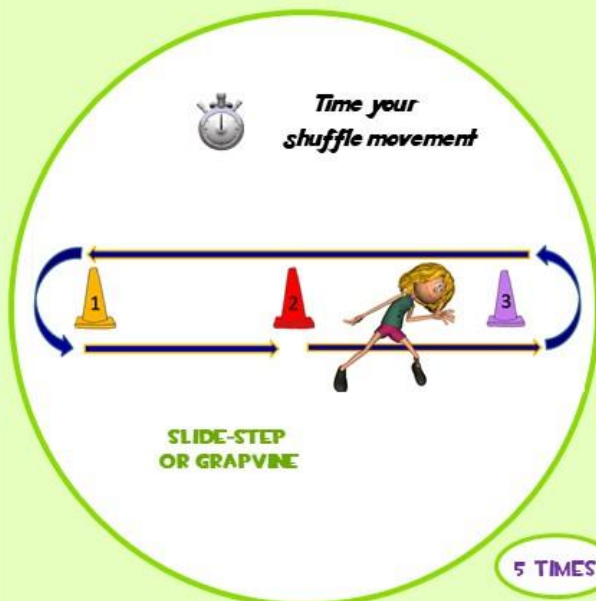
5

CONES AND POLYSPOTS



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3 CONE SHUFFLE



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.

6

CONES AND POLYSPOTS



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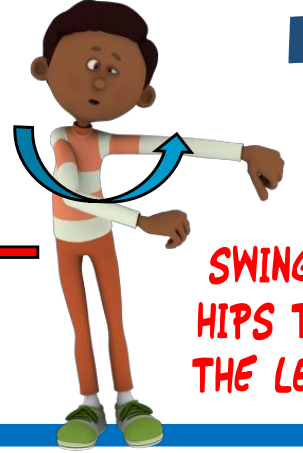
FLOSS DANCE INSTRUCTIONS

S
T
A
R
T



ARMS DOWN
BY SIDES
AND MAKE FISTS

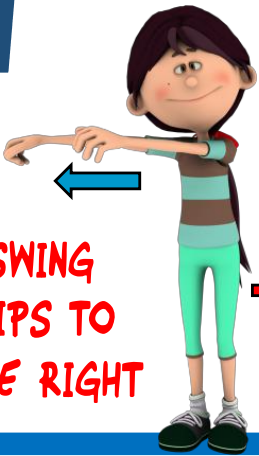
ARMS SWING
ACROSS BODY
TO THE
RIGHT SIDE



4

SWING
HIPS TO
THE LEFT

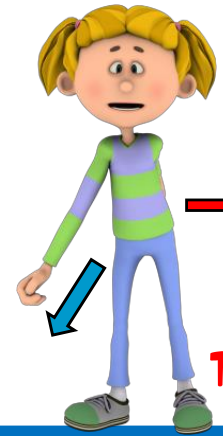
1



SWING ARMS
UP TO
LEFT SIDE

SWING
HIPS TO
THE RIGHT

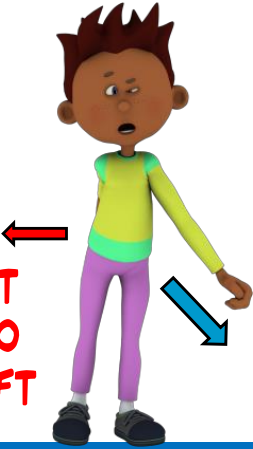
PULL ARMS
BACK DOWN
SHARPLY



5

THRUST
HIPS TO
THE RIGHT

2



PULL ARMS
BACK DOWN
SHARPLY

THRUST
HIPS TO
THE LEFT

SWING ARMS
BACK UP TO
RIGHT SIDE



6

SWING
HIPS BACK
TO LEFT

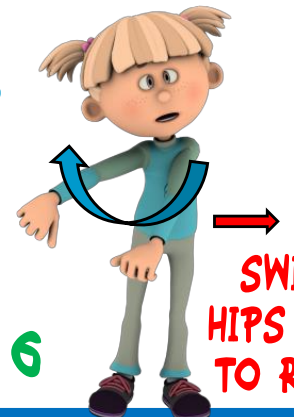
3



SWING ARMS
BACK UP TO
LEFT SIDE

SWING
HIPS BACK
TO RIGHT

ARMS SWING
BACK ACROSS
BODY TO
LEFT SIDE

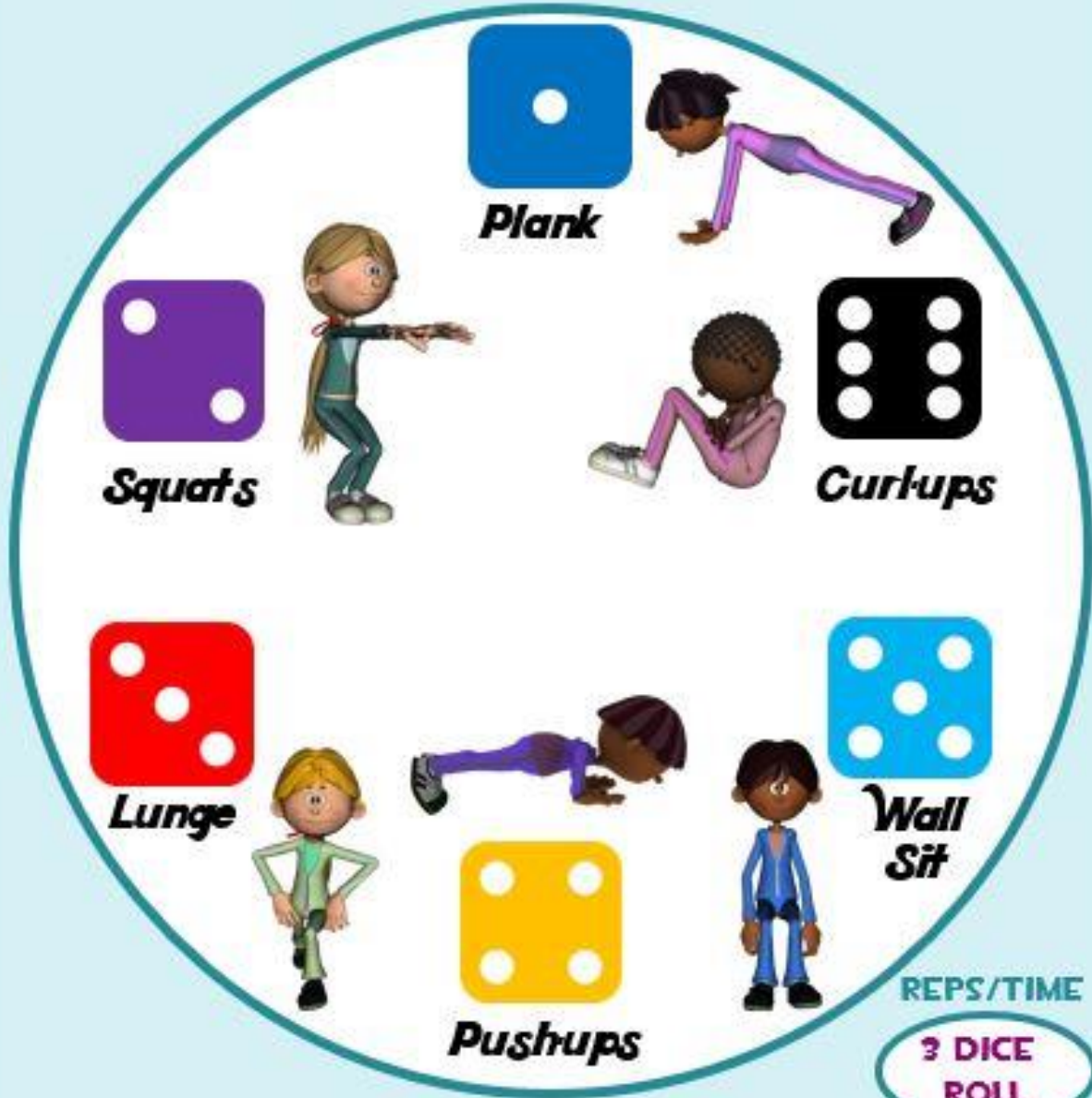


!

SWING
HIPS BACK
TO RIGHT

REPEAT 1 - 6

STRENGTH



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.

1

DICE



CARDIO

Knee to Elbow

Bounce

Jumping Jacks

Jump and Twist

Skier Jump

Flutter Kick

REPS/TIME
4 DICE ROLL

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.

2

DICE



ENDURANCE




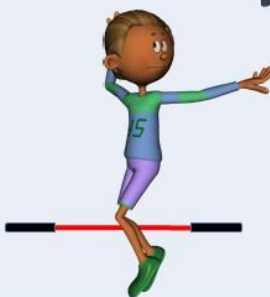

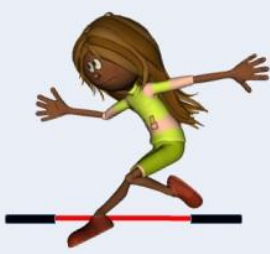

Roll 1 die and perform the endurance movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

3

DICE







Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump as far a possible down the rope- measure ✓ Repeat and try to go father- 5 jumps 	<ul style="list-style-type: none"> ▪ Squat low ▪ Explode up and forward ▪ Mark jump on rope where heels landed 	STAND SQUAT JUMP
2. 2 Foot Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump side-to-side (2 feet) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Skier motion 	JUMP JUMP JUMP
3. 1 Foot Hop 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Hop side-to-side (1 foot) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Keep balanced 	HOP HOP HOP
4. Criss-Cross 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and cross then uncross legs down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Cross-uncross, cross-uncross 	JUMP CROSS JUMP CROSS
5. 1/2 Turn Over 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and turn half way around (each jump) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ 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

SKILL	INSTRUCTIONS	TIPS	CUES
1. 2 Foot Jump  FORWARD	<ul style="list-style-type: none"> ✓ Jump on both feet ✓ Land on the balls of your feet ✓ Jump once for every revolution of the rope 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Feet together ▪ Keep elbows in 	<p>JUMP JUMP JUMP</p>
2. Skier Jump  FORWARD	<ul style="list-style-type: none"> ✓ Jump to the left ✓ Jump to the right ✓ Jump once for each revolution of the rope 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Move feet side to side ▪ Feet together 	<p>LEFT RIGHT LEFT RIGHT</p>
3. Bell Jump  FORWARD	<ul style="list-style-type: none"> ✓ Jump forward ✓ Jump back ✓ Jump once for each revolution of the rope 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Move feet front to back ▪ Feet together 	<p>FRONT BACK FRONT</p>
4. Jogging Step  FORWARD	<ul style="list-style-type: none"> ✓ Step over left foot ✓ Step over right foot ✓ Continue alternating feet- jogging motion 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Alternate feet ▪ Jogging steps 	<p>LEFT RIGHT LEFT</p>
5. 1 Foot Hop  FORWARD	<ul style="list-style-type: none"> ✓ Hop on 1 foot continuously ✓ Land on the same foot that hops over the rope 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Stay balanced ▪ Head up 	<p>HOP HOP HOP</p>

Level 3- Basic Jumps- Forward

T
i
c
T
a
c
T
o
e

20 Arm Rotations



8 Straddle Jumps



12 Standing Toe Touches



Hold a Sit & Reach for 15 Seconds



10 Curl Ups



15 Sec. Butterfly Stretch



10 Push Ups



Hold a Plank for 15 Seconds



15 Mountain Climbers



F
I
T
N
E
S
S

Card 1

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T
i
c
T
a
c
T
o
e

20 Sec. Wall Sit



Hold a Plank for 15 Seconds



Tricep Stretch for 12 seconds



8 Reachers



Runners Stretch for 15 Sec



8 Burpees



12 Skier Jumps



7 Star Jumps



10 Lunges















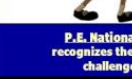
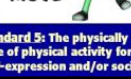
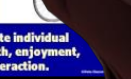
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Card 2

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HEALTHY HOME INFORMATION VISUALS

WHAT WILL I DO WHEN I GET HOME TODAY?

 DANCE	 CLIMB	 PRACTICE
 JOG	 SKATE	
 TUMBLE	 JUMP ROPE	
 POSE	 STRETCH	
 HIKE	 MOVE	

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.

HOW SHOULD I PREPARE TO EXERCISE?

 HAVE A PLAN	 Hydrate Your Body
 "FUEL UP" WITH A HEALTHY SNACK	
 BRING A POSITIVE ATTITUDE	
 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	 KEEP IT FUN
 SET GOALS BUT BE REALISTIC	
 "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	

WHAT WILL I DO WHEN I GET HOME TODAY?

 MAKE SNOW ANGELS	 WALK OR HIKE	 PLAY A SPORT
 BUILD A SNOW MAN	 SNOW BOARD	 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.



HOW SHOULD I PREPARE TO EXERCISE?



**HAVE
A PLAN**



**Hydrate
Your Body**

**“FUEL UP”
WITH A HEALTHY SNACK**



**BRING
A POSITIVE ATTITUDE**

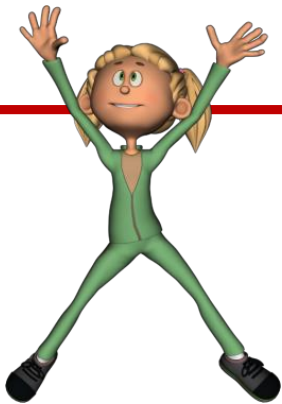


**Get Music
Prepared for
Motivation**



**PUT ON
ATHLETIC
SHOES**

**WEAR CLOTHING THAT
WILL ALLOW YOU TO MOVE**



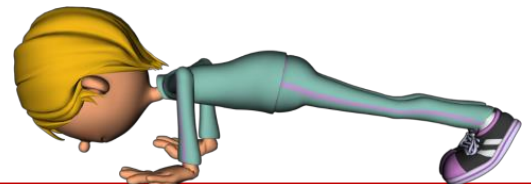
**WARM UP
YOUR
BODY**



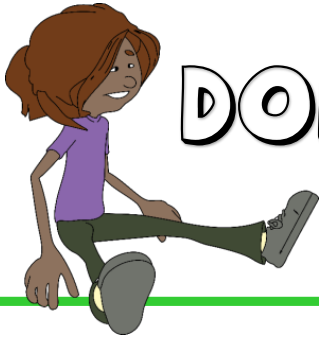
**HAVE THE CORRECT
EQUIPMENT
READY TO GO**



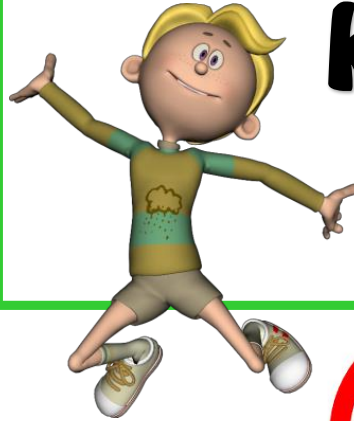
**VISUALIZE YOUR
FUTURE RESULTS**



EXERCISE TIPS

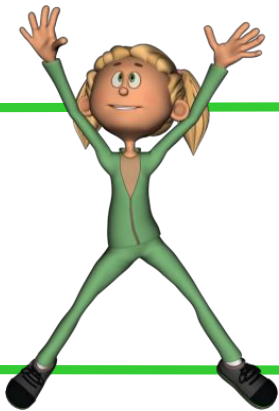


**DON'T PUT
IT OFF**



**KEEP IT
FUN**

**SET GOALS BUT
BE REALISTIC**

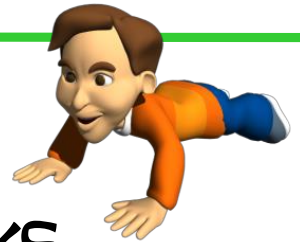


**"WARM UP" YOUR BODY
BEFORE YOU EXERCISE**

**Try to be active
1 hour a day**



**BREAK YOUR
HOUR UP INTO
SMALLER CHUNKS**



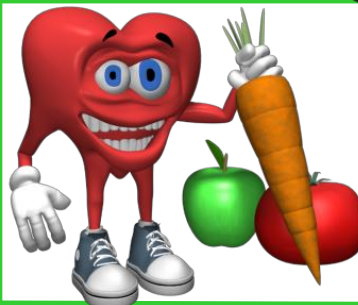
**EXERCISE WITH YOUR
FAMILY OR FRIENDS**



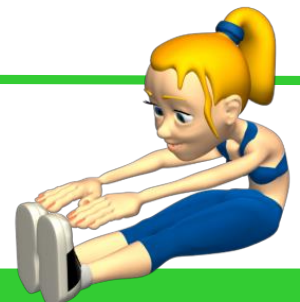
**STAY
HYDRATED**



**EAT
HEALTHY**



**DO SOME STATIC STRETCHING
AFTER EXERCISE**



WHAT WILL I DO WHEN I GET HOME TODAY?



DANCE



CLIMB

PRACTICE



PLAY

JOG

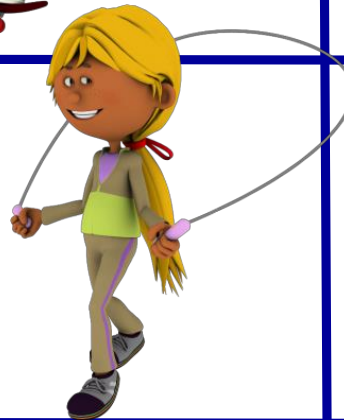


SKATE

TUMBLE



**JUMP
ROPE**



EXERCISE



POSE



STRETCH



**SELF
DEFENSE**



HIKE



MOVE

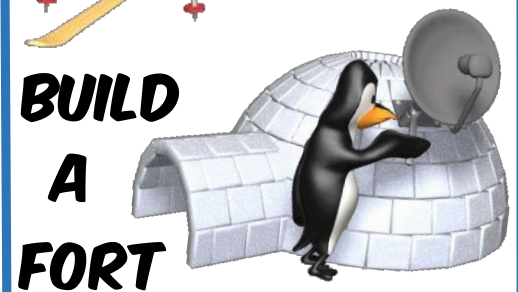


BIKE



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?



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.

HEALTHY HABITS

S Smile Proudly

BRUSH AND FLOSS YOUR TEETH DAILY



E Exercise Regularly

MOVE YOUR BODY INTENTIONALLY, 60 MINUTES A DAY



L Learn Daily

READ INTERESTING BOOKS, MAGAZINES AND ONLINE ARTICLES



F Fuel Your Body

EAT HEALTHY, BALANCED MEALS AND SNACKS



C Clean Up

SHOWER/BATHE YOUR BODY ON A REGULAR BASIS



A Apply When Needed

USE DEODORANT, SUNSCREEN AND HAND SOAP OFTEN



R Rest Up

GET 9-11 QUALITY HOURS OF SLEEP EVERY NIGHT



E Express Yourself

WASH AND CHANGE YOUR CLOTHES ROUTINELY



HOME ACTIVITY

PE VISUAL PACKET

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