



Physical Education Exercise Log

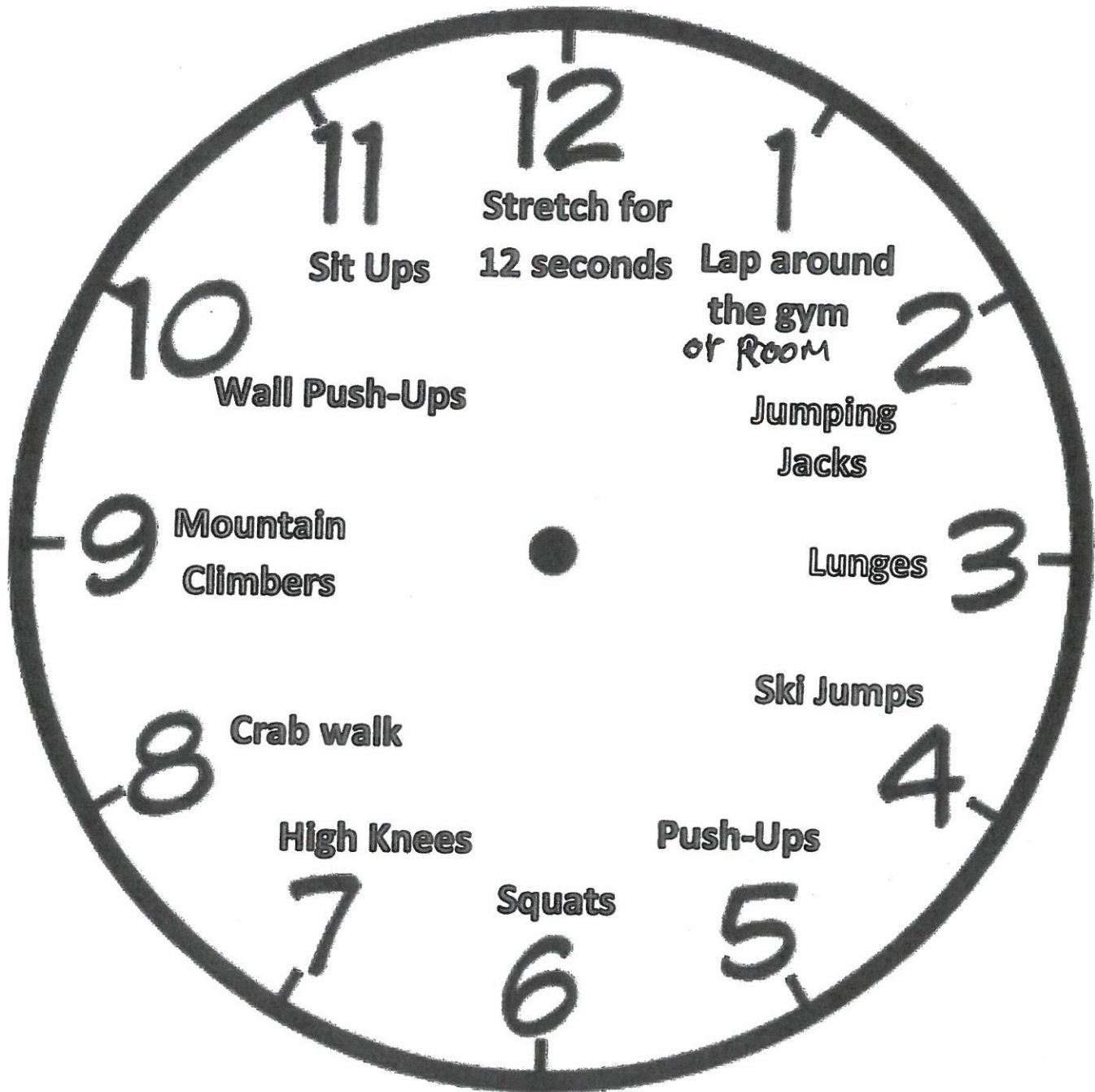
Name:

Class:

Exercise at home and record your data- work hard and have fun!

<u>Time of Day-</u> Morning, Afternoon, Night	<u>Activity-</u> What did you do to exercise?	<u>Duration-</u> how many minutes?	<u>Result-</u> How does your body feel? What muscles/body parts were used?

Clock Warm-Up



Directions: With a partner take turns spinning the arrow (paper-clip) then complete the task it lands on or is closest to.

Physical Education:

Exercise by spelling ...

- 1) Your name
- 2) Spelling words
- 3) Favorite activities

Be
Creative ☺

Fit activity for kids **what's your name**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N Do 10 sit-up/curl-ups |
| B spin around in a circle 5 times | O walk backwards 20 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest mat and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 8 Burpee Jumps | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U Do 50 Toe Raises (calf raises) |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 30 sec Plank hold | Z do 10 push-ups |

* if unsure of movement, be creative (free choice)!! ☺

Name: _____

Class: _____

**PE Exercise Alphabet
Spelling Words**

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

ART Lesson- "E Learning"- Wednesday, 1-30-19

Remember...ART MAKES YOU SMART!

Middlefork Families:

Please take some time to complete this art lesson as part of your commitment to SRS District #29 E-Learning Day.

Winter Landscape- Draw a winter landscape using the media of your choice.

Find a warm spot in front of a window where you can see the winter scenery. Look for these 3 things;

Foreground- the snow covered grass

Middleground- some winter trees, a neighbor's house or ?

Background- the sky, clouds, sun or some wintery trees in the distance

*Helpful hint- before you begin, divide your paper into 3 sections. This will help you separate the middle ground and background☺

Be sure to make any details or objects in the background smaller than any you make in the foreground. This will show *perspective*- an object in relation to another from a particular point of view.

*Use any materials/media you have available to make your masterpiece complete. Seeing that your artwork will have a lot of white snow; be creative and add glitter snowflakes, paint some macaroni noodles white and glue on to the ground or tear little strips of white paper, roll into balls and glue tiny snowballs all over. Be creative and have fun!

*Check out these interactive websites I have copied from my teacher page to supplement your creative curiosity.

<https://easydrawingguides.com/>

<https://www.artforkidshub.com/>

<https://www.artic.edu/learn-with-us/visit/explore-on-your-own/journeymaker>



Thanks, *Mrs. Nagy MF Art Teacher*