



PE FUN #5 - MORE IDEAS, FITNESS, AND FUN!

Last Lesson Installment for the year!

Summer ideas and strategies to keep the energy flowing!!!

Here are 4 activities you can do to improve your Mind, Body, and Soul. Are you really active? Now you can prove it, and show it!

How?  *...4 ways*

(YOU MUST READ ALL INFORMATION BELOW OR YOU WILL MISS THE MOST IMPORTANT ONE...DO I HEAR CONTEST?)

#1. CONTINUE the Dance Party: Just Dance: Top 10 Best GOLD MOVES, Mihran Kirakosian (See lesson #3). Continue to practice these moves at your own pace step by step. Remember you have a lot of time to practice and get good at your new moves. It's fun and it's good for you. It enhances your body's strength and balance, improves your endurance, and builds stronger bones. <https://www.youtube.com/watch?v=AlS1sLe9C2s>

https://www.youtube.com/results?search_query=dance+tutorial+mihran+kirakosian

[also check out Kids Heart Challenge videos dailey in #2](#)

NEW: If you are someone who loves Disney and Fitness, and want to find a new way to jump around to Disney songs, **DISNEY HIP HOP IS FOR YOU – CHECK IT OUT!!!**

Will Smith - Friend Like Me From Aladdin: https://www.youtube.com/watch?v=Rmk5_96Gb38

Into the Unknown (best "Frozen 2") - Panic! At The Disco https://www.youtube.com/watch?v=JGmk2F_GspY

Kayla's Hip-Hop | How Far I'll Go (best Moana) <https://www.youtube.com/watch?v=y27wCt1UI10>

#2. CONTINUE To Check out the activities you didn't do, or revisit your favorites in the **KIDS HEART CHALLENGE** from the American Heart Association. This features 10 days of some really cool interactive activities on aerobic exercise routines, healthy eating, and fitness games and facts. The videos are really good and are not too difficult. www.heart.org/khc You may also reach me by email for questions about this program at: cmcgonigle@fesd.org The Interactive lesson is posted on Classroom Dojo. Simply open the "4Kids Heart Challenge" word document, double click on the PDF file for day #1 and you are in! If the PDF doesn't open, make sure you click on the yellow "enable editing" button first, then double click on it. Use these activities for the contest below (#3).

(CONTINUED NEXT PAGE)

#3. CONTEST!!! Last week, I introduced a **new workout sheet to enhance your fitness experience!** You can now print out a workout sheet to use each week and post it in your Class Dojo. If we can see it, we can believe it, and know you are doing the right things to stay healthy. So... Here is the deal, whoever completes the most workout sheets each week throughout the summer, and posts one or more of your workouts in Classroom Dojo will win a Grand Prize of your choice from our prize vault. Prizes will range from sports equipment, School Supplies, Step Tracker Watches, to Electronics (and more). The prize will be worth it! So don't ignore this opportunity. I will also include a 2nd and 3rd prize as well. The contest begins this Monday, May 11th. Continue to stay active using PE lessons and ideas from the past, and any others you discover. Good luck, and have fun with this!

#4. I'm also including a Food Tracker Chart to monitor your food choices throughout the week as well. At the end of the day, simply fill in the foods you ate throughout the day and week. Filling out your Food Tracker Chart each week can and could improve your chances of winning the contest just some food for thought. Your Food Chart will also reveal how heart healthy your food choices are. Practice Health Awareness!

MORE IDEAS FOR YOU

(KEEP IN MIND YOU CAN ALWAYS GO BACK AND DO YOUR FAVORITE ACTIVITIES)

Sports:

Be sure to practice your favorite sports regularly. Other sports like swimming is great fun. Make a sunny summer fun day out of it. Go to a friends pool, or attend a public city pool. You can also find an indoor pool at some hotels.

Gardening:

Simple activities like gardening are a great source of exercise for kids. If you don't have your own garden, just get some pots, some mud, and some saplings. Plant and fill the pots up yourself!

Walk:

If you have a dog, divide daily responsibilities of walking it. If you don't, practice going for strolls in the park or walking to the grocery store instead of taking a vehicle. Walk as much as you can with your parents and friends.

Hula Hooping:

Get some hula hoops and start hooping. There are many utube hooping videos for beginners. Hooping skills can become an amazing talent if you are willing to practice, and don't give up!

Follow the leader:

When playing this game, you'll be the leader. It's the easiest way to get a good workout with your friends and family. Make sure to include exercises like jumping jacks, kicks, running, jumps, etc.

Tag:

A simple game of tag where when you catch someone, they then have to do the chasing, is a fun old-school option for a workout.

Capture The Flag:

This is a classic game that is definitely sure to keep you and your friends busy and active for a long time. Gather up your friends and take them to a vast space with plenty of closed spaces to hide.

Divide them into two teams and give each team a flag that they would have to hide which the other team would have to find.

If anyone catches a member of the opposite team on their team's land they're put on a time-out until touched by one of their own team members. [Read the complete set of rules online.](https://en.wikipedia.org/wiki/Capture_the_flag)

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Twister:

We've all seen the twister mat game in various toy stores and online websites. It's the perfect indoor exercise game for kids so it's an excellent idea to invest in it.

Table Tennis:

It's a great idea to also invest in a table tennis table for another great indoor exercise game option.

Any small, mostly empty room can be used to play table tennis and as it does involve quite a bit of running, it's a great way to exercise.

You can even find a smaller sized table that your kid can use with their friends if your kid is very young. The **ball** must rest on an open hand palm. Then it must be tossed up at least 6 inches and struck so the **ball** first bounces on the server's side and then the opponent's side. If the serve is legal except that it touches the net, it is called a let serve. Let serves are not scored and are reserved. <http://www.pongworld.com/table-tennis-sport/rules>

CHILL TIME AGAIN!

Funny Jokes Just For You

1. What did one eye say to the other?

Between us, something smells.

2. What's faster hot or cold?

Hot, because everyone catches a cold.

3. Why was 6 afraid of 7?

Because 7, 8 (ate), 9.

4. Did you hear about the race between the lettuce and the tomato?

The lettuce was "ahead" but the tomato was trying to "catch up."

5. Is your refrigerator running?

You better go catch it.

6. Why don't scientists trust atoms?

Because they make up everything.

7. What's a pirate's favorite subject in school?

Arrrrrrrrrrt.

8. Where do cows go for entertainment?

The mooooooooooovies.

9. Be careful when walking your dog...you might step in a Poo...dle.

10. How do you learn to be a trash collector?

Just pick it up as you go along.

11. What would a bear say if he got confused?

I barely understand.

12. What do bumblebees chew?

Bumble gum.

13. What does the ocean do when it sees its friends?

Waves!

Knock Knock Jokes for Kids

1. Knock, knock...

Who's there?

Tank.

Tank who?

You're welcome.

2. Knock, knock...

Who's there?

Boo.

Boo who?

Why are you crying?

3. Knock, knock...

Who's there?

Banana

Banana Who?

Banana

Banana Who

Orange

Orange Who?

Orange you glad I didn't say banana again?

4. Knock, knock...

Who's there?

Dwyane

Dwyane who?

Dwyane the bathtub.

5. Knock, knock...

Who's there?

Owls say.

Owls say who?

Yes, they do.

6. Knock, knock...

Who's there?

Cows go.

Cows go who?

No silly, cows go moo.

7. Will you remember me a year from now?

Yes.

Will you remember me tomorrow?

Yes.

Will you remember me when you grow old?

Yes.

Knock, knock...

Who's there?

I thought you said you'd remember me?!?

Have fun, play hard, stay FITT!



LETS DO IT!