

2-5-8 Physical Education Menu Grades 4-6

The physical education team at Esko Schools is working to help you stay physically active and healthy while our schools are closed. Physical activity recommendations for elementary students is 60 minutes a day. Remember, activity time doesn't have to happen all at once. Remember it is okay to have a rest day and/or a day off when you are ill.

Directions: Choose two or more activities from the menu below. The goal is 10 or more points per day for a minimum of four days per week. Of course, five to seven days a week is encouraged. Download this document into notability. Choose your activities for the day and put a dot or checkmark in the box(es) for that day. If you repeat an activity that same day, put another mark. Each day make your marks in a different color. Submit your assignment by Monday March 30 midnight.

Outside activities-Be safe and get your parent permission first!

2 points (3-5 minutes)	5 points (10-15 minutes)	8 points (20-30 minutes)
Sweep/vacuum a room(s) home	Play outside	Go on a walk/jog/run
Exercise during a TV commercial	Play your favorite sport	Ride a bike
Pick four exercises and repeat each one (5-10 times)	Walk/Jog/Bike (10-15 minutes)	Get outside and snowshoe or cross country ski
Get a family member to do some exercises with you	Nintendo Switch or WiiFit (i.e. tennis, bowl, Just Dance)	Walk your dog
Dance to your favorite song	Walk your dog	Go on a hike in the woods
Walk/jog/run around the perimeter of your house 4-6 times	Throw and catch an object with a family member (football, frisbee, baseball/softball, lacrosse, make a ball out of socks/ paper and tape)	Get 5,000 steps using an activity tracker (i.e fit bit, Apple watch or app)
Go up and down a flight of stairs 8-10 times	Play on your own play set (not community playground)	Horseback riding
Jump Rope or use an imaginary jump rope	Groom a horse or brush your dog, they will be grateful you did ;)	
Climb up and down a snowbank (find a highest one) 8-10 times		

GO TO THE NEXT PAGE!

Answers the questions on the next page before you submit your assignment.

2-5-8 Physical Education Reflection Assignment

1. *How many days were you active this past week?* 1 2 3 4 5 6 7
(circle your answer)

2. *What was the average amount of minutes you were active on those days? (circle your answer)*

0-10 minutes 15-20 minutes 20-30 minutes 40-60 minutes 60+ minutes

3. *Where were you physically active this past week? (circle your answer)*

Inside

Outside

Combination of In/Outside

4. *What was your favorite activity this past week (or activities)?*

5. *What physical activities could the physical education teacher(s) add to the list that other students might enjoy?*

6. *What are you missing about being in physical education class right now?*