

O.V. Jewitt Physical Education K - 3

Name:

Grade: k-3

Teacher: Mrs. Pereira

Purpose: This Log is meant to encourage families to become more physically active and to take steps toward a healthier lifestyle. Over the next three weeks, students are asked to complete each activity with a family member (or with adult supervision).

Directions: After a student completes an activity, adults write the date of completion and initial in the space provided (Done column). Pick a MINIMUM of 5 activities each week. Return Log to your teacher upon returning to school.

✓ Done	Options	Drop Everything and Move (DEAM) Activity
	1	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. Complete 3x's today.
	2	Go outside and play 30 minutes.
	3	Do as many sit-ups as you can. How many did you do without stopping? ____ How many did a family member do? ____
	4	Fold a load of towels and wash cloths and put them away. Great Job!
	5	Complete 10 Jumping Jacks, 10 sit-ups, and 10 Push-ups at 10 after each hour for 3 hours. (ex. 9:10, 10:10, 11:10).
	6	Take a walk 30 minutes.
	7	Kids should be active thirty minutes EVERY day! Do 30 jumping jacks.
	8	Do an exercise video. (ex. Kids workout 1 Beginners on Youtube or you can search for another)
	9	Play a game that is active. You decide! What did you pick? _____
	10	Do as many trunk-lifts as you can (Lay on belly, toes stay on ground, hands under legs, and lift) How many did you do? _____
	11	Toss a stuffed animal or ball to yourself 20 times. Play Hot Potato with your family (Pass/toss the soft item while one person plays music. If you have the item when the music stops, you get to do 5 frog jumps and you become the music start/stopper.)
	12	Do push-ups (wall, hands on edge of couch or floor) while reciting your sight words.
	13	Play Follow the Leader. Take turns being the leader and directing a family member to match your every move. Movement ideas: Skip, hop, crawl, gallop, run, walk, leap, shuffle... or be silly!
	14	Give Yoga a try! (YouTube video – Sun Salutations & Yoga with Animals – Yoga for Kids)
	15	Make an obstacle course outside or throughout your house. Challenge each family member to see who can complete the course the fastest.
	16	Run in the same spot for 1 minute. Take a 30 second break. Repeat 3x
	17	Clean your room or a room of your parent/guardians choice. You're welcome!
	18	Make a Healthy snack for your family. What did you make? _____
	19	How many stairs are in your house? ____ How many rooms are in your house ____ How many steps does it take to walk around your house? _____
	20	Take a walk 30 minutes.
	21	Name the different food groups? Find two food items in your kitchen for each food group.
	22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. Complete 3x's today.
	23	Play outside 30 minutes
	24	Do as many Jumping Jacks as you can. How many did you do? ____ Play a board game with a family member. What board game did you play? _____.
	25	Challenge a parent, sibling, or family member to see who has the best dance moves. 30 minutes.
	26	Act out the story of a book a family member is reading to you. Move around the room, make big and small movements, and don't forget to have fun!
	27	Jump Rope (30 minutes). (Jump back and forth over a line.)How many can you do before re-starting? _____
	28	About how many glasses of water should you drink each day? Do 8 Frog Jumps. Only drink water today! How many glasses of water did you drink today? _____
	29	Teach a family member your favorite game from gym class. Try to play it at home.

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	30	Ask a family member to teach you their favorite game. Try to play it at home. Safety First!
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