

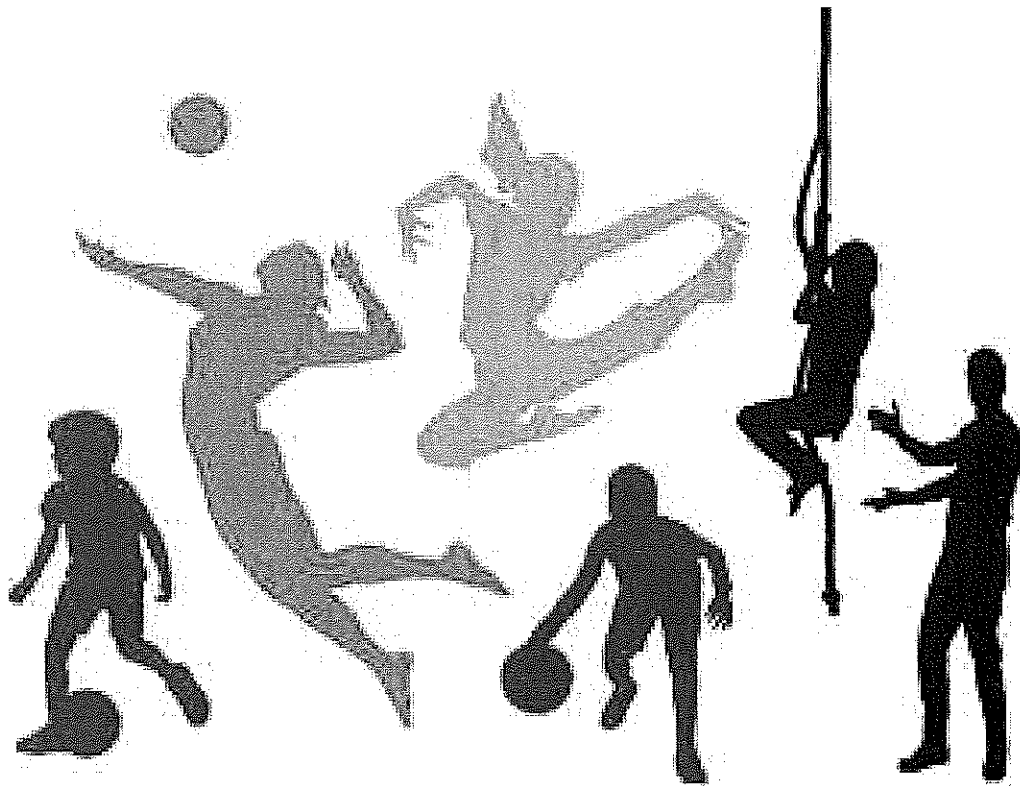
**NAME:** \_\_\_\_\_

**CLASS COLOR:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Ended:** \_\_\_\_\_

# Physical Education AT HOME!

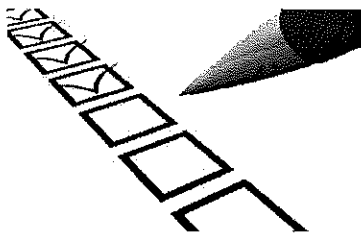


## Goals:

Students will...

- Safely demonstrate exercises independently at home
- Increase their strength, endurance and flexibility at home
- Understand and apply concepts of sets and reps
- Be honest with themselves and hold themselves accountable
- Wear sneakers during “At Home P.E.”

## Directions:




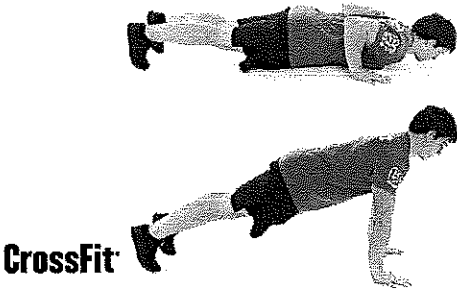
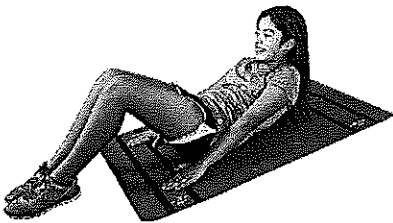
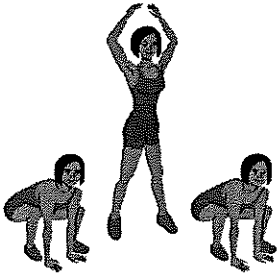
Each day, you will...

- Pick 5 different exercises to do
- Practice them by doing at least the minimum reps and sets for each
- Log what you did (pick 2 days a week)

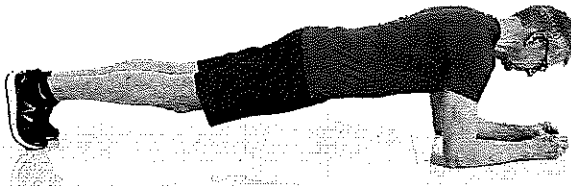
## Teaching Moment:

A **set** is the number of cycles of **reps** that you complete.

**Example:** Do 5 sets of 10 jumping jacks. You will do 10 jumping jacks without stopping in a row. You will do that 5 different times.

<p align="center"><u>Exercise</u></p>	<p align="center"><u>Minimum Reps and Sets Per exercise &amp; Per day</u></p>
<p>Jumping Jacks</p> 	<p align="center"><b>5 sets of 10 reps</b></p>
<p>Push-ups</p> 	<p align="center"><b>3 sets of 7 reps</b></p>
<p>Curl-ups</p> 	<p align="center"><b>3 sets of 10 reps</b></p>
<p>Frog Jumps</p> 	<p align="center"><b>4 sets of 5 reps</b></p>

## Plank (High or Low)



**1 set of 10 seconds**  
**1 set of 15 seconds**  
**1 set of 20 seconds**

## Russian Twists



**3 sets of 10 reps**  
(once left and once right  
= one rep)

## High Plank Shoulder Taps



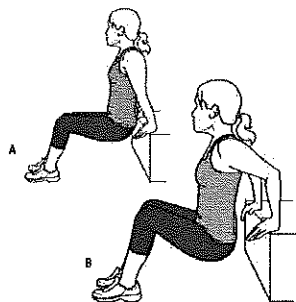
**2 sets of 3 reps**  
(once left and once right  
= one rep)

## Burpees



**2 sets of 8 reps**

## Tricep Dips



**4 sets of 8 reps**

**Directions:**

For each day, write down what exercises you did, and the sets & reps for each. You **can** do more than the minimum, but at least the minimum needs to be done.

**CHALLENGE: Go outside and play something fun!!!!**

Day # _____	Exercise	Sets and Reps
	1.	
	2.	
	3.	
	4.	
	5.	

Day # _____	Exercise	Sets and Reps
	1.	
	2.	
	3.	
	4.	
	5.	

Day # _____	Exercise	Sets and Reps
	1.	
	2.	
	3.	
	4.	
	5.	

Day # _____	Exercise	Sets and Reps
	1.	
	2.	
	3.	
	4.	
	5.	

Day # _____	Exercise	Sets and Reps
	1.	
	2.	
	3.	
	4.	
	5.	

## Health Education at Home!

NAME: \_\_\_\_\_

### **Directions:**

Read this article from the CDC about good hygiene, and answer the questions in full sentences.  
(2-3 Sentences)

### Keeping Hands Clean

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

### Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

### Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

#### Use Hand Sanitizer When You Can't Use Soap and Water

You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

#### RESPONSE QUESTION #1.

Describe to me three different circumstances that after you do it, or use it, you would need to wash your hands.

#### RESPONSE QUESTION #2.

In your own words, describe to me the “five steps” that you need to follow, according to the article.