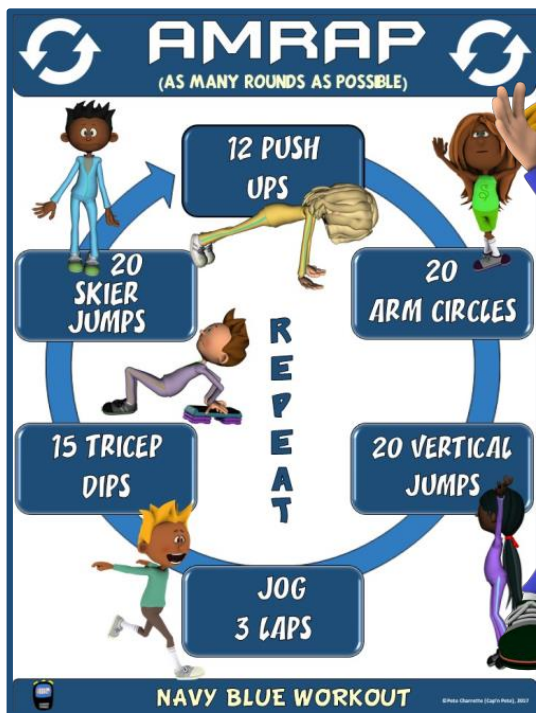
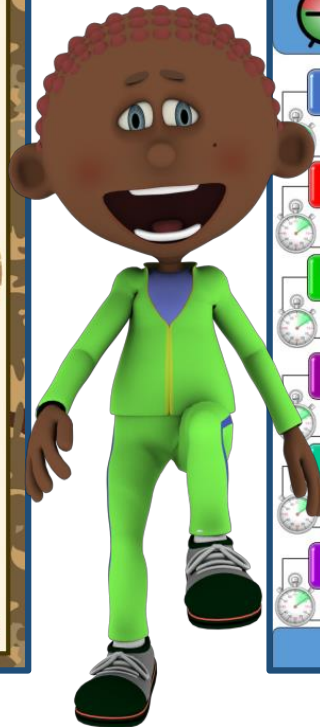


HOME ACTIVITY

PE VISUAL PACKET



FITNESS AND PE
SKILL VISUALS

INTRODUCTION

PE MOVEMENT NEEDS TO CONTINUE!!

In response to the Corona Virus outbreak and the closing of many school districts around the nation and the world, I have put together this packet of Home Workout and Movement Visuals for students to perform in non-school settings.

The visuals are a bit of a hodge-podge of fitness and skill-based movement from a few of my activity sets that I have designed for PE teachers to use during their daily classes. The visuals can easily be modified for students to use at home and I am giving permission for teachers use these activity visuals to send home (electronically or hard-copy sets) to encourage student movement during their days away from school.

Please use these visuals during the Corona Virus situation while your students are at home. If you use a public link, I kindly ask you to remove the link when the outbreak has diminished. At that time, feel free to use the set for continued student home movement or use during your regular classes when they resume.

To use at home, look at the visuals and send an informational note to your students and parents giving them tips or instructions for using what you see. Each teacher has a unique situation, so it is up to you to modify and provide personal instructions for best use of the activity and movement visuals for your students.

GOOD LUCK!!!!



ACTIVITY VISUALS

FLOSS DANCE INSTRUCTIONS

START  ARMS DOWN BY SIDES AND MAKE FISTS	4  ARMS SWING ACROSS BODY TO THE RIGHT SIDE SWING HIPS TO THE LEFT
1  SWING ARMS UP TO LEFT SIDE SWING HIPS TO THE RIGHT	 PULL ARMS BACK DOWN SHARPLY
2  PULL ARMS BACK DOWN SHARPLY THRUST HIPS TO THE LEFT	 SWING ARMS BACK UP TO RIGHT SIDE HIPS BACK TO LEFT
3  SWING ARMS BACK UP TO LEFT SIDE SWING HIPS BACK TO RIGHT	 SWING ACROSS LEFT SIDE SWING HIPS BACK TO RIGHT REPEAT 1 - 6

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SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump 	✓ Stand at end of rope ✓ Jump as far as possible down the rope- measure ✓ Repeat and try to go father- 5 jumps	• Squat low • Explode up and forward • Mark jump on rope where heels landed	STAND D SQUAT JUMP
2. Hurdle Jump 	✓ Stand at end of rope ✓ Jump side-to-side (2 feet) down the rope ✓ Repeat 10 times	• Stay on balls of feet • Try not to touch rope • Skier motion	JUMP JUMP JUMP
3. Hurdle Hop 	✓ Stand at end of rope ✓ Hop side-to-side (1 foot) down the rope ✓ Repeat 10 times	• Stay on balls of feet • Try not to touch rope • Keep balanced	HOP HOP HOP
4. Hurdle Cross 	✓ Stand at end of rope ✓ Jump and cross then uncross legs down the rope ✓ Repeat 10 times	• Stay on balls of feet • Try not to touch rope • Cross-uncross, cross-uncross	JUMP CROSS S JUMP CROSS S
5. 1/2 Turn Over 	✓ Stand at end of rope ✓ Jump and turn half a turn around (each jump) down the rope	• Stay on balls of feet • Try not to touch rope	JUMP TURN JUMP

STRENGTH

Plank

Curkups

Wall Sit

Pushups

Lunge

Squats

REPS/TIME
7 DICE
ROLL

Roll 1 die and perform the strength movements listed above. Roll and add 3 dice to determine the number of reps or seconds you will perform it.

1 DICE

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HALF
TURNS

BURPEES

MARCH IN
PLACE

SHOULDER
STAND

V-SIT

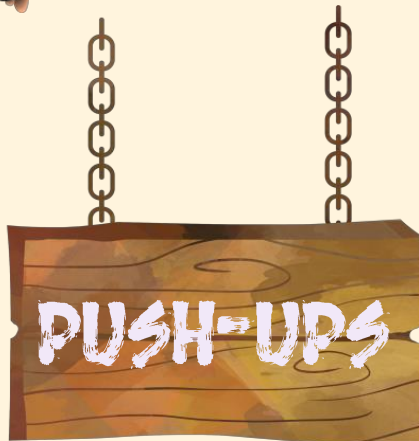
PLANK
HOLD

Boot Camp #2

30 seconds each

www.mrschickadee.com





30 seconds each



30 seconds each





TABATA

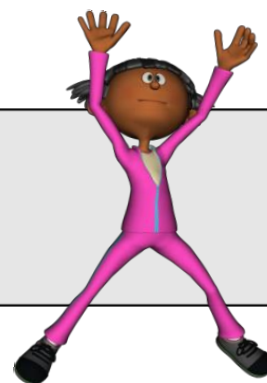


1. JUMPING JACKS



10 SEC REST

20 SEC MOVE



2. PUSH-UPS



10 SEC REST

20 SEC MOVE



3. CRUNCHES



10 SEC REST

20 SEC MOVE



4. BURPEES



10 SEC REST

20 SEC MOVE

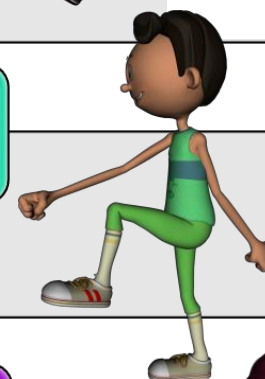


5. HIGH KNEES



10 SEC REST

20 SEC MOVE

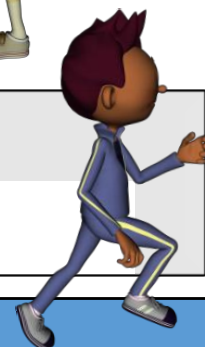


6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



1

HIGH INTENSITY INTERVAL TRAINING



TABATA



1. MOUNTAIN CLIMBERS



10 SEC REST

20 SEC MOVE

2. SQUATS



10 SEC REST

20 SEC MOVE

3. SIT-UPS



10 SEC REST

20 SEC MOVE

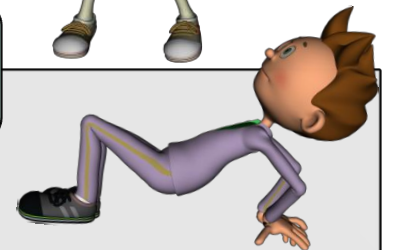
4. ARM CIRCLES



10 SEC REST

20 SEC MOVE

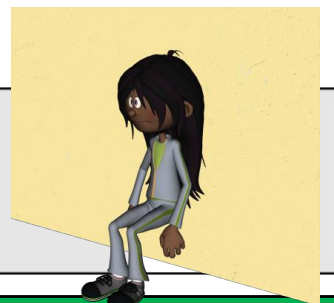
5. GROUND DIPS



10 SEC REST

20 SEC MOVE

6. WALL SIT



10 SEC REST

20 SEC MOVE

2

HIGH INTENSITY INTERVAL TRAINING



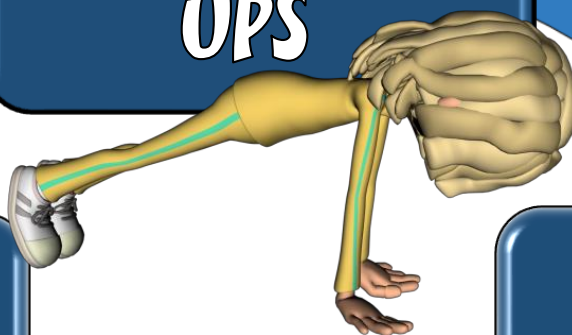
AMRAP

(AS MANY ROUNDS AS POSSIBLE)



20
SKIER
JUMPS

12 PUSH
UPS



20
ARM CIRCLES



15 TRICEP
DIPS

R
E
P
E
A
T



JOG
3 LAPS

20 VERTICAL
JUMPS



NAVY BLUE WORKOUT

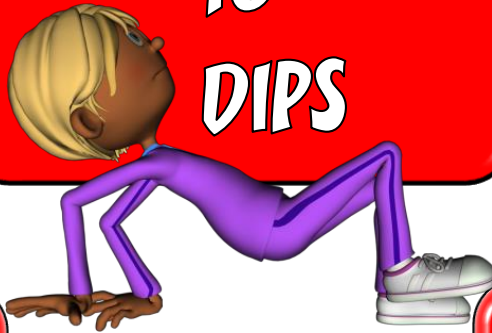


AMRAP

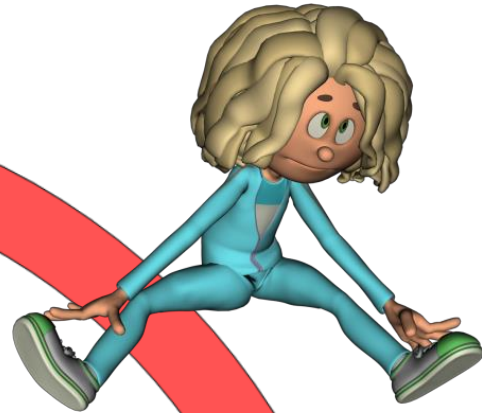
(AS MANY ROUNDS AS POSSIBLE)



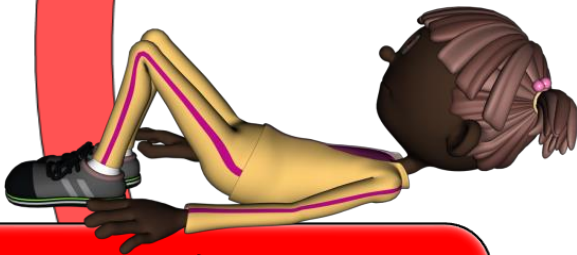
10 LUNGES



10 DIPS

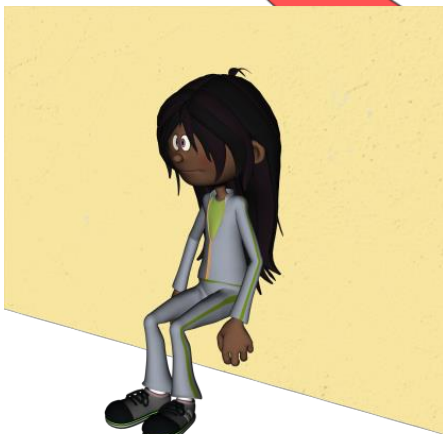


10 STRADDLE JUMPS



15 CURL-UPS

**R
E
P
E
A
T**



**WALL-SIT
20 SEC.**

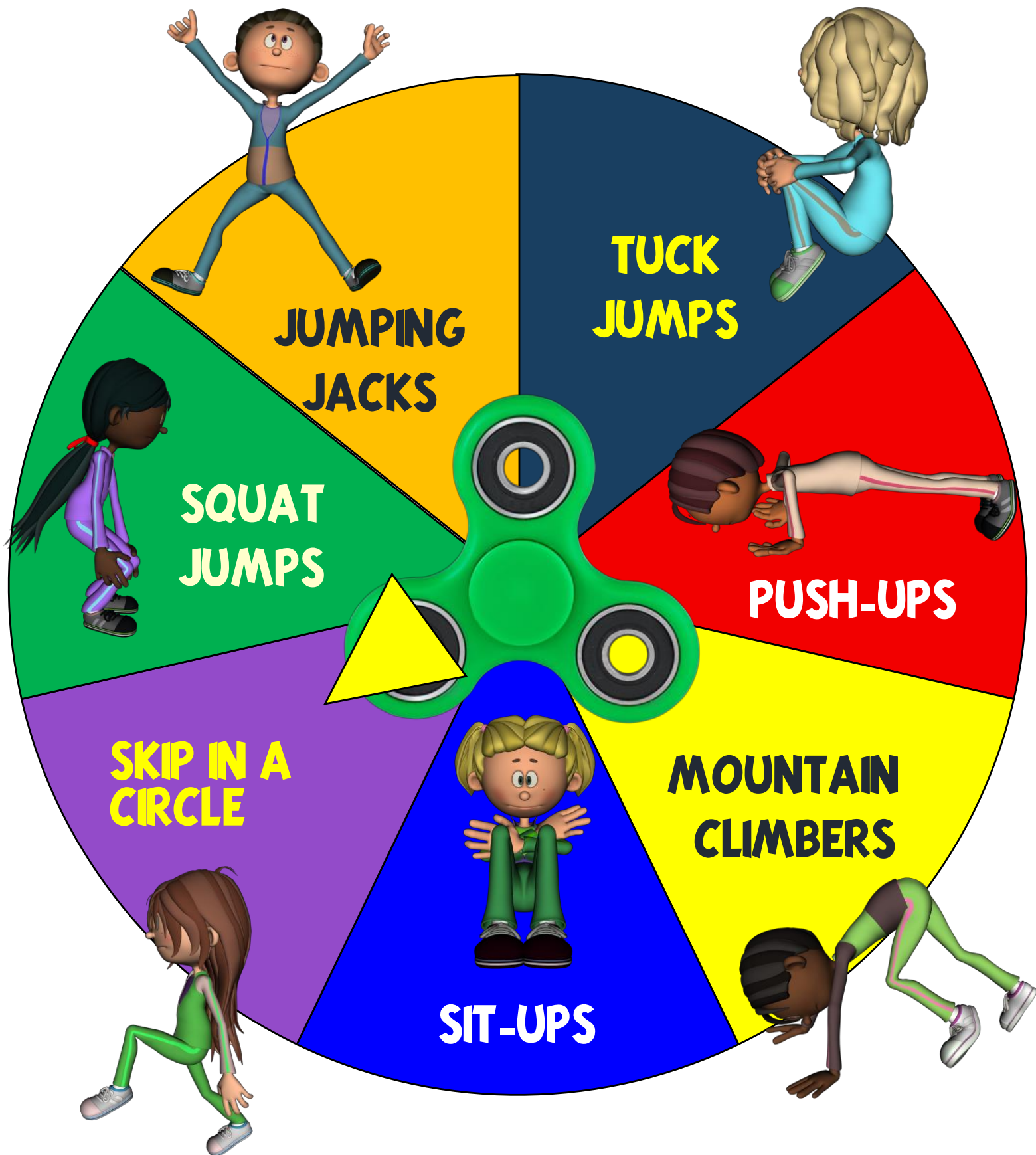
**SKIP
2 LAPS**



CANDY RED WORKOUT

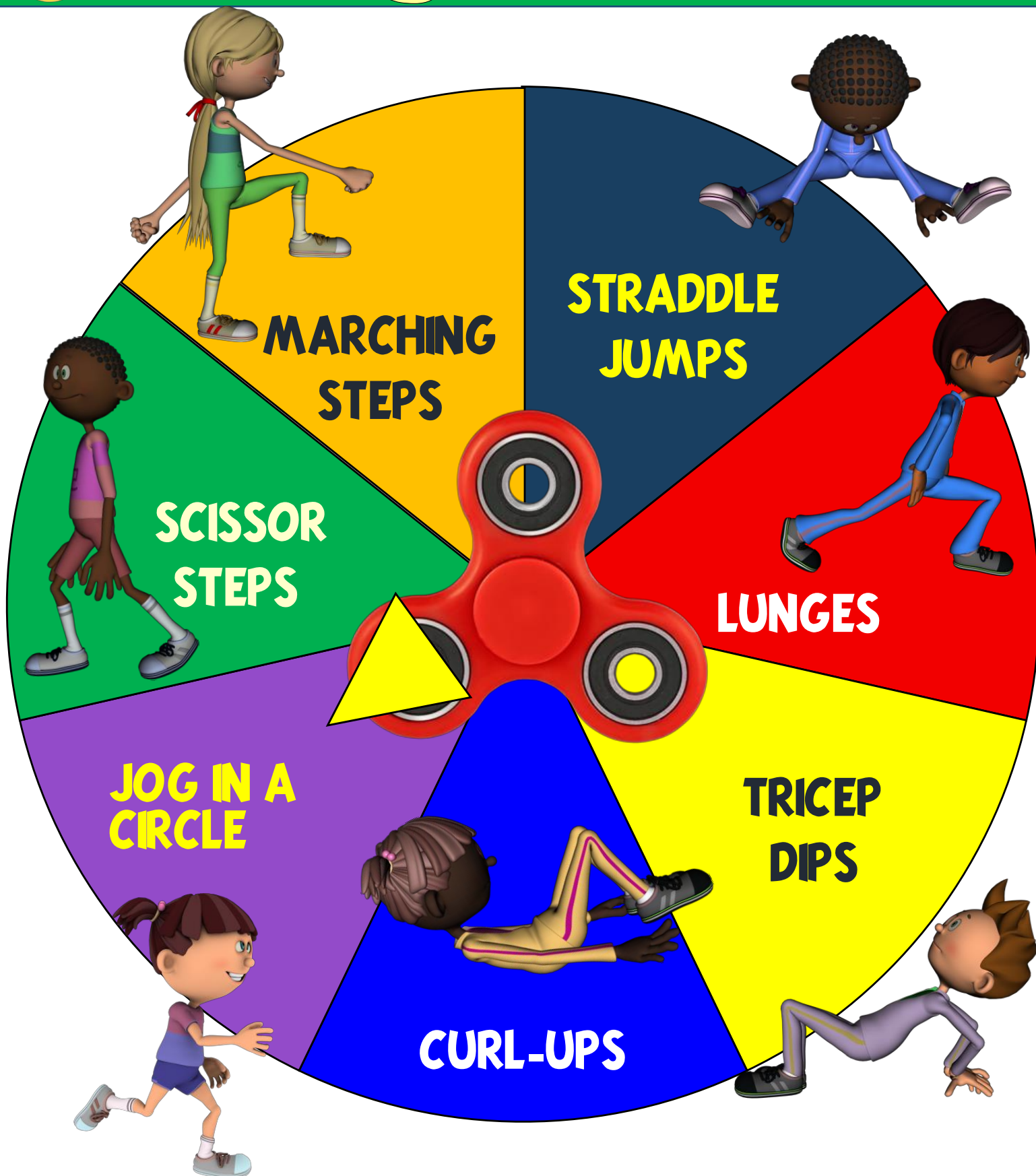


FIDGET SPINNER P.E. SPIN BOARD

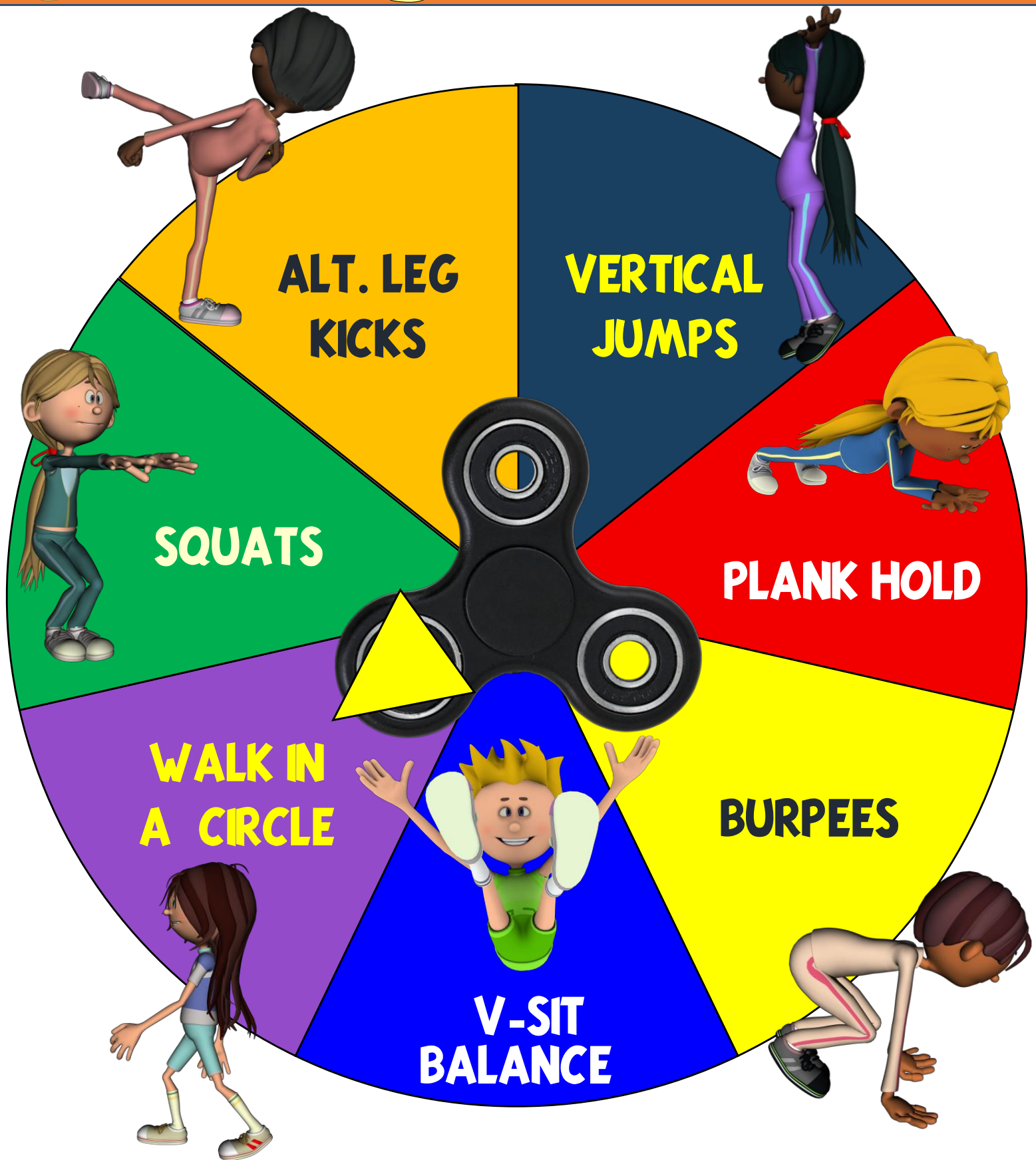




FIDGET SPINNER P.E. SPIN BOARD



FIDGET SPINNER P.E. SPIN BOARD





P
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1



2 HAND TOSS
2 HAND CATCH

20
Times

2



2 HAND TOSS
1 HAND CATCH

20
Times

3



1 HAND TOSS
1 HAND CATCH

20
Times

RAINBOW TOSS
CROSS BODY
1 HAND CATCH

20
Times

4



5



TOSS
TOUCH GROUND
CATCH

12
Times

TOSS
TURN AROUND
CATCH

12
Times

6



SUPER CHALLENGES





P
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1



1 HAND TOSS
1 HAND CATCH

25
Times

2



RAINBOW TOSS
ACROSS BODY

25
Times

3



1 HAND TOSS
TOUCH OPPOSITE
SHOULDER
CATCH

20
Times

4



1 HAND TOSS
TOUCH OPPOSITE
FOOT
CATCH

20
Times

5



TOSS
TOUCH GROUND
CATCH

15
Times

6



TOSS
TURN AROUND
CATCH

12
Times

SUPER CHALLENGES

DAB



**1**

TAP UP IN AIR
USE FINGER TIPS

30
Times

2

TAP UP IN AIR
1 HAND TO
THE OTHER

30
Times

3

LET BALLOON
FLOAT LOW
TAP UP FROM
LOW POINT

20
Times

JUMP UP HIGH
TAP BALLOON
UP IN THE AIR

20
Times

4**5**

VOLLEY BALLOON
USE BUMPS
AND SETS

30
Times

HOLD BALLOON
PULL STEM DOWN
JUMP UP
AND CATCH

15
Times

6

SUPER CHALLENGES



**1**

PASS A BALL
AROUND YOUR WAIST

25
Times

2

ROLL OR PASS
A BALL
AROUND YOUR FEET



20
Times

3

ROLL OR PASS
A BALL
IN A "FIGURE 8"
AROUND YOUR FEET

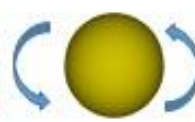


20
Times

4

SPIN THE BALL
ON THE GROUND
ONE DIRECTION
CHANGE IT'S
DIRECTION

15
Times

**5**

TOSS THE BALL
FROM ONE HAND
TO THE OTHER
RAINBOW TOSS



25
Times

6

TRY TO SPIN
THE BALL
ON YOUR FINGERS



12
Times

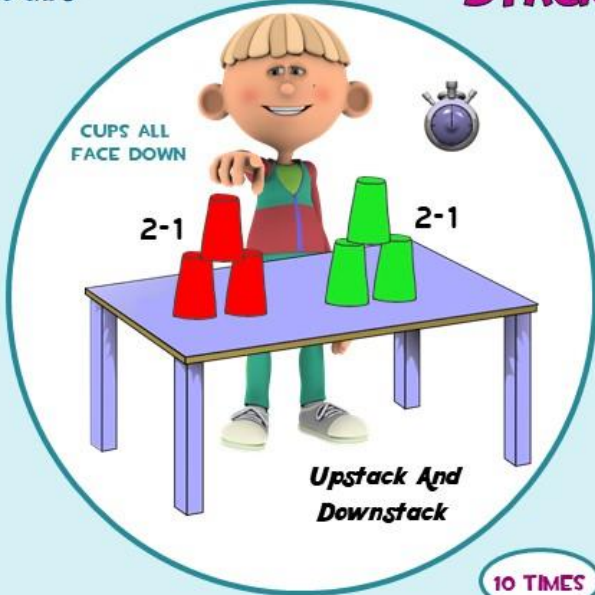
SUPER CHALLENGES

DAB



DOUBLE 2-1 CLOSED STACK

6 CUPS



10 TIMES

Upstack and downstack 6 cups in two, 2-1 pyramids. Time yourself and see if you can beat your best time.

1

CUP STACKING



©Pete Charnota (Cap'n Pete), 2020

DOUBLE 2-1 OPEN STACK

6 CUPS



10 TIMES

Upstack and downstack 6 cups in two, 2-1 pyramids. Time yourself and see if you can beat your best time.

2

CUP STACKING



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WAIST TWIRL



Twirl a hula hoop around your waist in either direction. See how long you can keep it moving without it dropping.

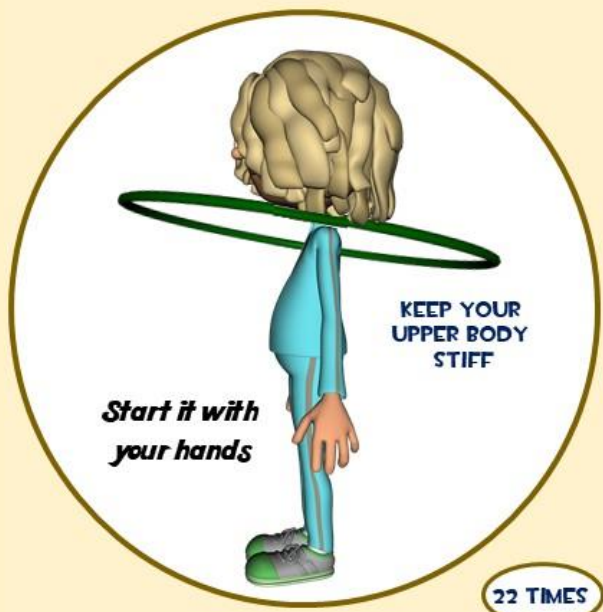
17

HULA HOOPS



©Pete Charnota (Cap'n Pete), 2020

NECK TWIRL



Twirl a hula hoop around your neck in either direction. See how long you can keep it moving without it dropping.

18

HULA HOOPS



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BALANCE ON HANDS

TRY
BALANCING
ON JUST 1
FINGER



*Balance
using both
hands*

1 MINUTE

Balance a pool noodle on the palm and the back of your hand. Try using both your left and your right hand.

1

POOL NOODLES

©Pete Chermak (Cap'n Pete), 2020

BALANCE ON HEAD

TRY BALANCING
IT ON OTHER
BODY PARTS



*Balance
and move*

20 TIMES

Balance a pool noodle on top of your head. Try moving around the room while you balance it.

2

POOL NOODLES

©Pete Chermak (Cap'n Pete), 2020

BASKETBALL TAP

*Tap
Tap
Tap*



TAP AT
HIGH AND
LOW LEVELS

1 MINUTE

Tap the ball back and forth from one hand to the other. Use your finger pads and increase the speed that you tap.

9

BASKETBALLS



©Pete Chermak (Cap'n Pete), 2020

PASS AROUND BODY

USE YOUR
FINGERPADS
TO TOUCH
THE BALL



*Pass or roll
the ball*

25 TIMES

Roll or pass (hand to hand) the playground ball around your waist or legs. Try going both directions.

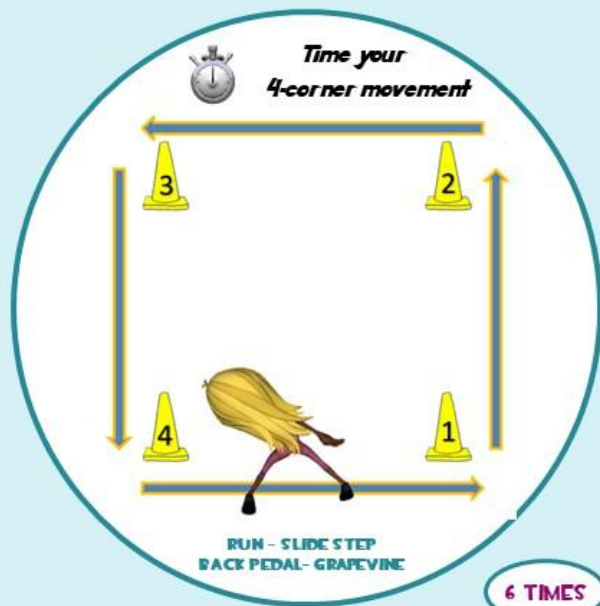
10

BASKETBALLS



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FOUR CORNER DRILL



Start at cone 1- Run Forward to cone 2.
Slide step facing out to cone 3.
Back pedal to cone 4.
Grapevine step back to cone 1.

1

CONES AND POLYSPOTS



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TURN AND SPRINT



Start at cone 1 in an "athletic stance."

- A. Run Forward to cone 2.
- B. Turn quickly and run to cone 3.
- C. Turn and sprint past cone 2.

2

CONES AND POLYSPOTS



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NFL COMBINE DRILL



Start the drill at cone 1. A- Run to cone 2 and quickly turn back and run to cone 1. B- Turn quickly and run around cone 2 and head to cone 3. C- Go around the inside of cone 3 and head back to cone 2. D- Go around the outside of 2 and finish the drill at cone 1.

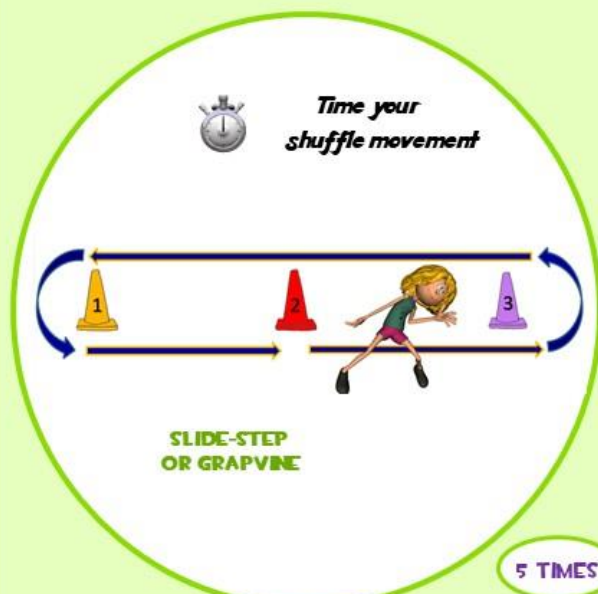
5

CONES AND POLYSPOTS



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3 CONE SHUFFLE



Start behind cone number 2 and slide step or grapevine step sideways to and around cone number 3. Continue left and in front of cone 2. Keep moving left to and around cone number 1. Repeat the entire sequence 5 times.

6

CONES AND POLYSPOTS



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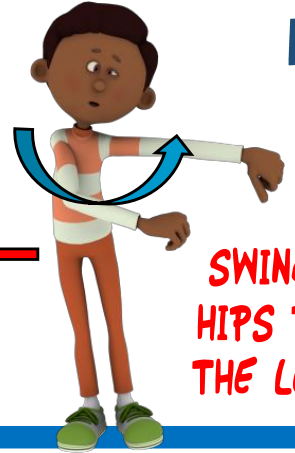
FLOSS DANCE INSTRUCTIONS

START



ARMS DOWN
BY SIDES
AND MAKE FISTS

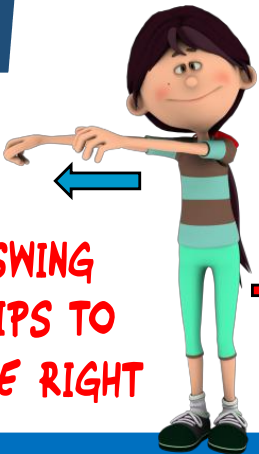
ARMS SWING
ACROSS BODY
TO THE
RIGHT SIDE



4

SWING
HIPS TO
THE LEFT

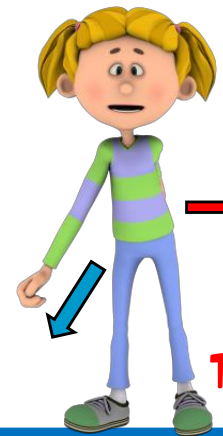
1



SWING ARMS
UP TO
LEFT SIDE

SWING
HIPS TO
THE RIGHT

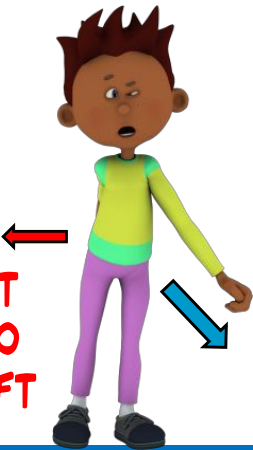
PULL ARMS
BACK DOWN
SHARPLY



5

THRUST
HIPS TO
THE RIGHT

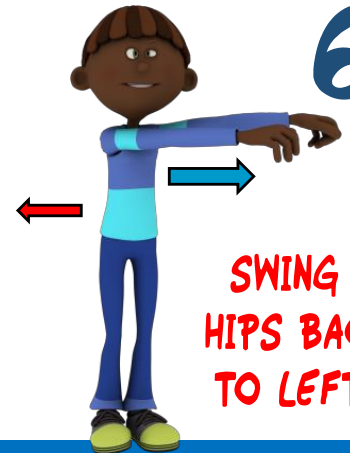
2



PULL ARMS
BACK DOWN
SHARPLY

THRUST
HIPS TO
THE LEFT

SWING ARMS
BACK UP TO
RIGHT SIDE



6

SWING
HIPS BACK
TO LEFT

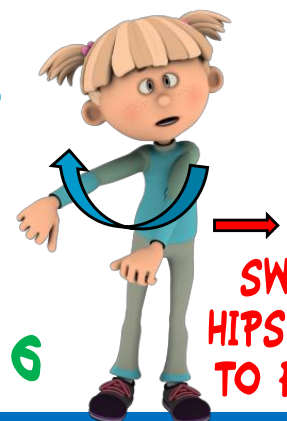
3



SWING ARMS
BACK UP TO
LEFT SIDE

SWING
HIPS BACK
TO RIGHT

ARMS SWING
BACK ACROSS
BODY TO
LEFT SIDE

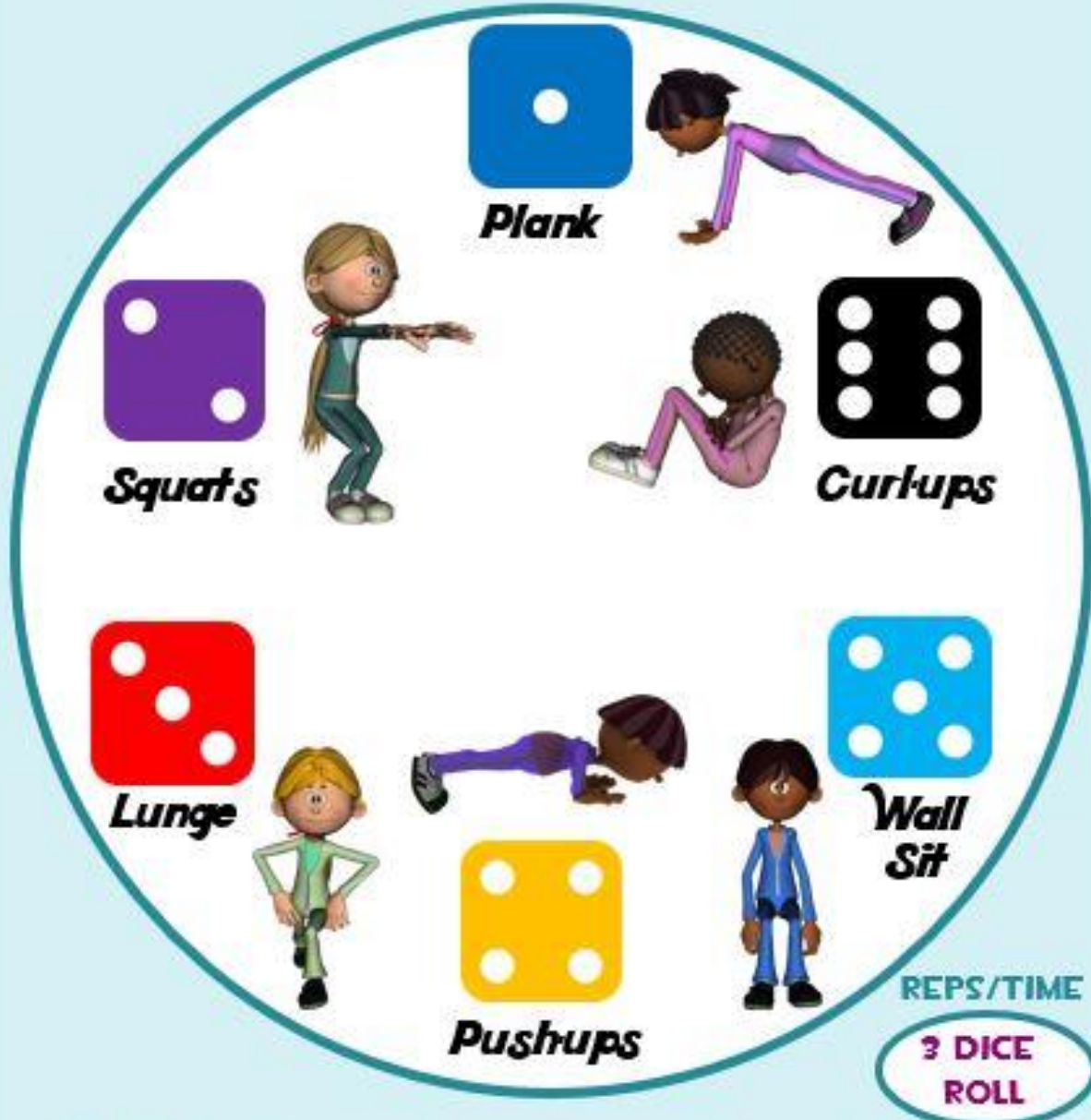


!

SWING
HIPS BACK
TO RIGHT

REPEAT 1 - 6

STRENGTH



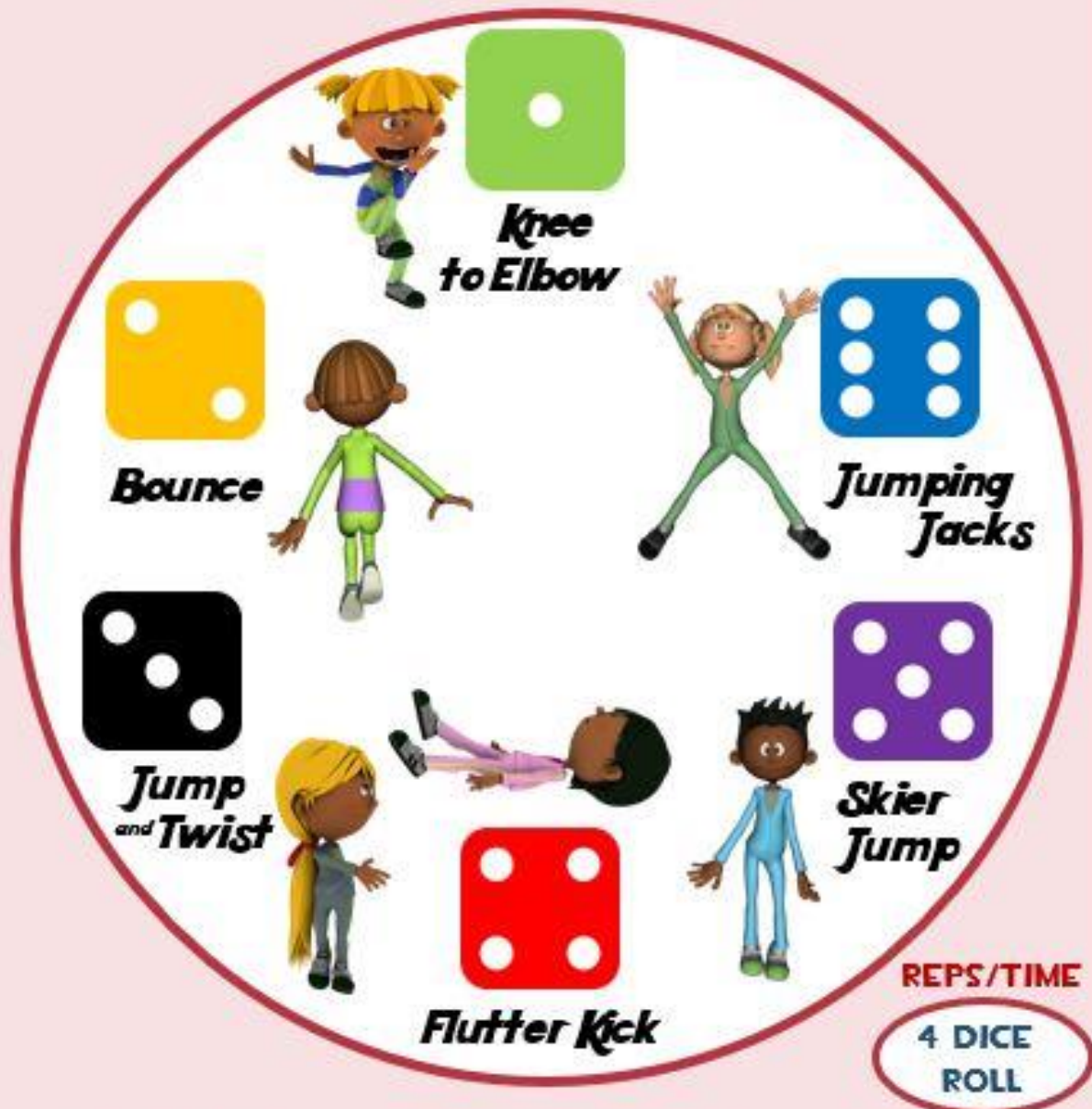
Roll 1 die and perform the strength movements listed above. Roll and add 3 dice to determine the number of reps or seconds you will perform it.

1

DICE



CARDIO



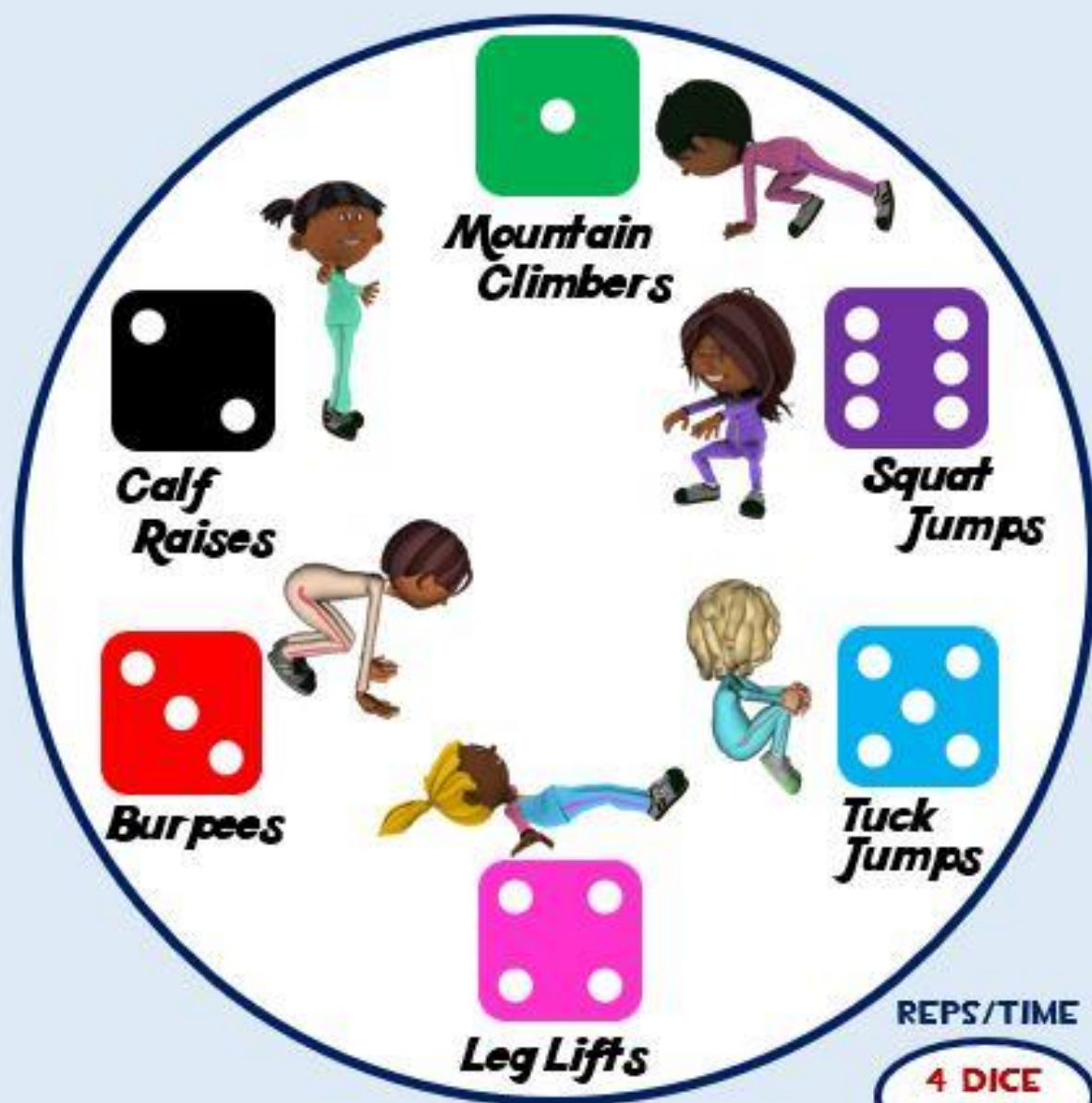
Roll 1 die and perform the cardio movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

2

DICE



ENDURANCE



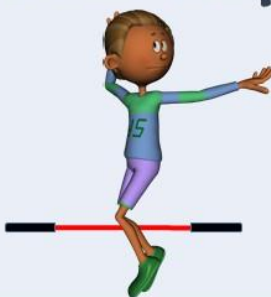
Roll 1 die and perform the endurance movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

3

DICE



Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump 	✓ Stand at end of rope ✓ Jump as far a possible down the rope- measure ✓ Repeat and try to go farther- 5 jumps	▪ Squat low ▪ Explode up and forward ▪ Mark jump on rope where heels landed	STAND SQUAT JUMP
2. 2 Foot Jump 	✓ Stand at end of rope ✓ Jump side-to-side (2 feet) down the rope ✓ Repeat 10 times	▪ Stay on balls of feet ▪ Try not to touch rope ▪ Skier motion	JUMP JUMP JUMP
3. 1 Foot Hop 	✓ Stand at end of rope ✓ Hop side-to-side (1 foot) down the rope ✓ Repeat 10 times	▪ Stay on balls of feet ▪ Try not to touch rope ▪ Keep balanced	HOP HOP HOP
4. Criss-Cross 	✓ Stand at end of rope ✓ Jump and cross then uncross legs down the rope ✓ Repeat 10 times	▪ Stay on balls of feet ▪ Try not to touch rope ▪ Cross-uncross, cross-uncross	JUMP CROSS JUMP CROSS
5. 1/2 Turn Over 	✓ Stand at end of rope ✓ Jump and turn half way around (each jump) down the rope ✓ Repeat 10 times	▪ Stay on balls of feet ▪ Try not to touch rope ▪ Do not go too fast	JUMP TURN JUMP TURN

Level 1- Rope on Ground

Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. 2 Foot Jump  FORWARD	✓ Jump on both feet ✓ Land on the balls of your feet ✓ Jump once for every revolution of the rope	▪ Turn rope from heels to toes ▪ Feet together ▪ Keep elbows in	JUMP JUMP JUMP
2. Skier Jump  FORWARD	✓ Jump to the left ✓ Jump to the right ✓ Jump once for each revolution of the rope	▪ Turn rope from heels to toes ▪ Move feet side to side ▪ Feet together	LEFT RIGHT LEFT RIGHT
3. Bell Jump  FORWARD	✓ Jump forward ✓ Jump back ✓ Jump once for each revolution of the rope	▪ Turn rope from heels to toes ▪ Move feet front to back ▪ Feet together	FRONT BACK FRONT
4. Jogging Step  FORWARD	✓ Step over left foot ✓ Step over right foot ✓ Continue alternating feet- jogging motion	▪ Turn rope from heels to toes ▪ Alternate feet ▪ Jogging steps	LEFT RIGHT LEFT
5. 1 Foot Hop  FORWARD	✓ Hop on 1 foot continuously ✓ Land on the same foot that hops over the rope	▪ Turn rope from heels to toes ▪ Stay balanced ▪ Head up	HOP HOP HOP

Level 3- Basic Jumps- Forward

T
i
c
T
a
c
T
o
e

20 Arm Rotations



8 Straddle
Jumps



12 Standing
Toe Touches



Hold a Sit & Reach
for 15 Seconds



10 Curl Ups



15 Sec. Butterfly
Stretch



10 Push Ups



Hold a Plank
for 15 Seconds



15 Mountain
Climbers



F
I
T
N
E
S
S

Card 1

©Pete Charrette (Cap'n Pete), 2015

T
i
c
T
a
c
T
o
e

20 Sec. Wall Sit



Hold a Plank
for 15 Seconds



Tricep Stretch for
12 seconds



8
Reachers



Runners Stretch
for 15 Sec



8 Burpees



12 Skier Jumps



7 Star Jumps



10 Lunges



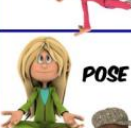
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Card 2

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HEALTHY HOME INFORMATION VISUALS

WHAT WILL I DO WHEN I GET HOME TODAY?

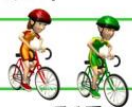
 DANCE	 CLIMB	PRACTICE 
 JOG	 SKATE	
 TUMBLE	 JUMP ROPE	
 POSE	 STRETCH	
 HIKE	 MOVE	

P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

HOW SHOULD I PREPARE TO EXERCISE?

 HAVE A PLAN	 Hydrate Your Body
"FUEL UP" WITH A HEALTHY SNACK 	
BRING A POSITIVE ATTITUDE 	
PUT ON ATHLETIC SHOES	
WEAR CLOTHING THAT WILL ALLOW YOU TO MOVE 	
WARM UP YOUR BODY 	 HAVE THE CORRECT EQUIPMENT READY TO GO
VISUALIZE YOUR FUTURE RESULTS 	

EXERCISE TIPS

 DON'T PUT IT OFF	 KEEP IT FUN
 SET GOALS BUT BE REALISTIC	
"WARM UP" YOUR BODY BEFORE YOU EXERCISE 	
 Try to be active 1 hour a day	 BREAK YOUR HOUR UP INTO SMALLER CHUNKS
EXERCISE WITH YOUR FAMILY OR FRIENDS 	
 STAY HYDRATED	 EAT HEALTHY
DO SOME STATIC STRETCHING AFTER EXERCISE 	

WHAT WILL I DO WHEN I GET HOME TODAY?

 MAKE SNOW ANGELS	 WALK OR HIKE	 PLAY A SPORT
 BUILD A SNOW MAN	 SNOW BOARD	 CROSS COUNTRY SKI
 SLIDE	 SPEED SKATE	 BUILD A FORT
 DOWNHILL SKI	 PULL A FRIEND	 FIGURE SKATE
 SLED	 PLAY WITH OTHERS	 SHOVEL SNOW

P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

HOW SHOULD I PREPARE TO EXERCISE?



**HAVE
A PLAN**



**Hydrate
Your Body**

**“FUEL UP”
WITH A HEALTHY SNACK**



**BRING
A POSITIVE ATTITUDE**

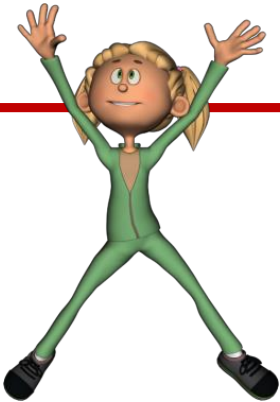


**Get Music
Prepared for
Motivation**



**PUT ON
ATHLETIC
SHOES**

**WEAR CLOTHING THAT
WILL ALLOW YOU TO MOVE**



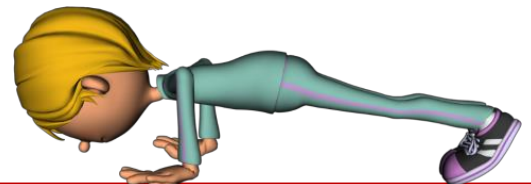
**WARM UP
YOUR
BODY**



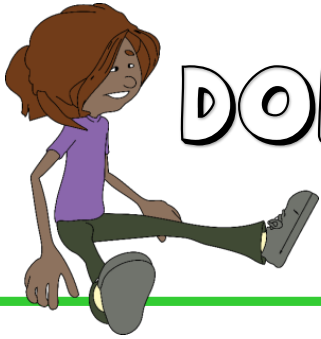
**HAVE THE CORRECT
EQUIPMENT
READY TO GO**



**VISUALIZE YOUR
FUTURE RESULTS**



EXERCISE TIPS

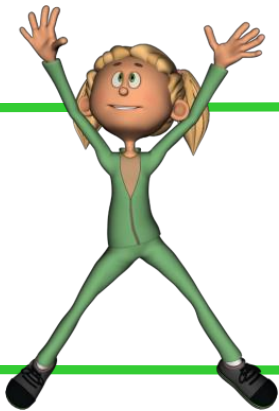


**DON'T PUT
IT OFF**



**KEEP IT
FUN**

**SET GOALS BUT
BE REALISTIC**

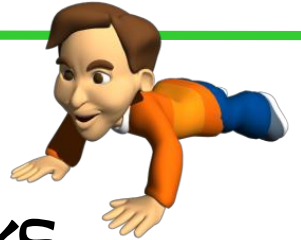


**"WARM UP" YOUR BODY
BEFORE YOU EXERCISE**

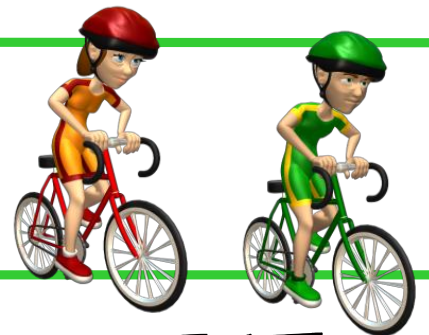
**Try to be active
1 hour a day**



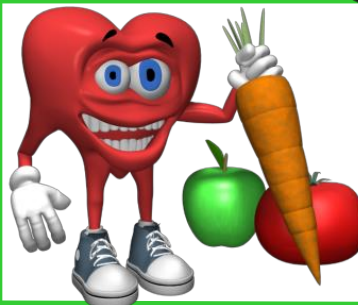
**BREAK YOUR
HOUR UP INTO
SMALLER CHUNKS**



**EXERCISE WITH YOUR
FAMILY OR FRIENDS**

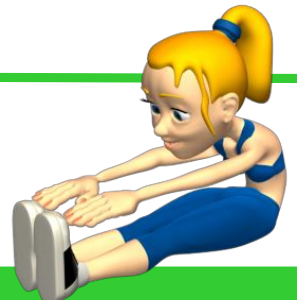


**STAY
HYDRATED**



**EAT
HEALTHY**

**DO SOME STATIC STRETCHING
AFTER EXERCISE**



WHAT WILL I DO WHEN I GET HOME TODAY?



DANCE



CLIMB

PRACTICE



PLAY

JOG



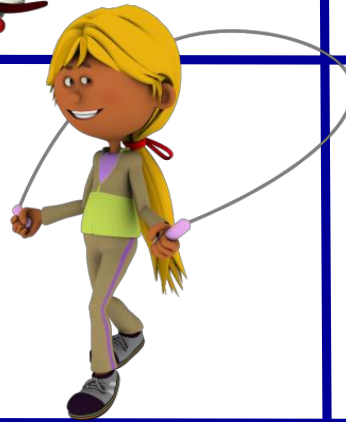
SKATE



TUMBLE



**JUMP
ROPE**



EXERCISE



POSE



STRETCH



**SELF
DEFENSE**



HIKE



MOVE

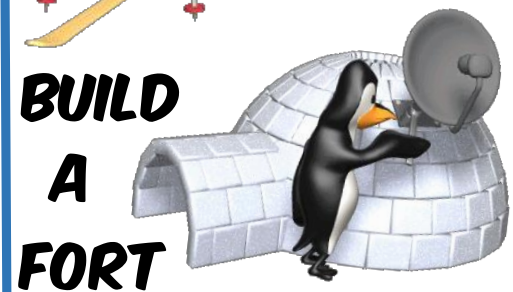


BIKE



P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

WHAT WILL I DO WHEN I GET HOME TODAY?



P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

HEALTHY HABITS

S

Smile Proudly

BRUSH AND FLOSS YOUR TEETH DAILY



E

Exercise Regularly

MOVE YOUR BODY INTENTIONALLY, 60 MINUTES A DAY



L

Learn Daily

READ INTERESTING BOOKS, MAGAZINES AND ONLINE ARTICLES



F

Fuel Your Body

EAT HEALTHY, BALANCED MEALS AND SNACKS



C

Clean Up

SHOWER/BATHE YOUR BODY ON A REGULAR BASIS



A

Apply When Needed

USE DEODORANT, SUNSCREEN AND HAND SOAP OFTEN



R

Rest Up

GET 9-11 QUALITY HOURS OF SLEEP EVERY NIGHT



E

Express Yourself

WASH AND CHANGE YOUR CLOTHES ROUTINELY



HOME ACTIVITY

PE VISUAL PACKET

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