

HOME INSTRUCTION -

PHYSICAL EDUCATION: GRADES K – 5

***Teachers – Ms. O’Brien (P.E.)
Mr. Ramirez**

****Length – 1 week**

*****Reason – School closing due to COVID-19**

Kindergarten Home Physical Education:

DIRECTIONS:

- 1) Complete the fitness tasks on the assigned day to the best of your ability.
- 2) Check off the fitness tasks as they are completed.
- 3) **ASSIGNMENT TO BE EMAILED TO THE INSTRUCTOR**
 - a. **Friday 3/30/2020 by 10:00 pm**
 - b. **Ms. O'Brien = jobrienPE@rochellepark.org**
 - c. **Mr. Ramirez = sramirez@rochellepark.org**

<u>MONDAY</u>	<u>FRIDAY</u>
10 PUSH-UPS <input type="checkbox"/>	12 PUSH-UPS <input type="checkbox"/>
12 SIT-UPS <input type="checkbox"/>	15 SIT-UPS <input type="checkbox"/>
30 MOUNTAIN CLIMBERS <input type="checkbox"/>	40 MOUNTAIN CLIMBERS <input type="checkbox"/>
8 FROG JUMPS <input type="checkbox"/>	10 FROG JUMPS <input type="checkbox"/>
20 PLANK HOLD <input type="checkbox"/>	30 PLANK HOLD <input type="checkbox"/>
20 SECOND WALL SIT <input type="checkbox"/>	30 SECOND WALL SIT <input type="checkbox"/>
30 MINUTE HIGH KNEES - IN PLACE <input type="checkbox"/>	30 MINUTE HIGH KNEES - IN PLACE (2Xs) <input type="checkbox"/>
25 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>	35 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>
15 SECOND BALANCE ON RIGHT FOOT <input type="checkbox"/>	15 SECOND BALANCE ON RIGHT FOOT (2Xs) <input type="checkbox"/>
15 SECOND BALANCE ON LEFT FOOT <input type="checkbox"/>	15 SECOND BALANCE ON LEFT FOOT (2Xs) <input type="checkbox"/>

1ST Grade Home Physical Education:

DIRECTIONS:

- 1) Complete the fitness tasks on the assigned day to the best of your ability.
- 2) Check off the fitness tasks as they are completed.
- 3) **ASSIGNMENT TO BE EMAILED TO THE INSTRUCTOR**
 - a. **Friday 3/30/2020 by 10:00 pm**
 - b. **Ms. O'Brien = jobrienPE@rochellepark.org**
 - c. **Mr. Ramirez = sramirez@rochellepark.org**

<u>WEDNESDAY</u>	<u>FRIDAY</u>
10 PUSH-UPS <input type="checkbox"/>	12 PUSH-UPS <input type="checkbox"/>
12 SIT-UPS <input type="checkbox"/>	15 SIT-UPS <input type="checkbox"/>
30 MOUNTAIN CLIMBERS <input type="checkbox"/>	40 MOUNTAIN CLIMBERS <input type="checkbox"/>
8 FROG JUMPS <input type="checkbox"/>	10 FROG JUMPS <input type="checkbox"/>
20 PLANK HOLD <input type="checkbox"/>	30 PLANK HOLD <input type="checkbox"/>
20 SECOND WALL SIT <input type="checkbox"/>	30 SECOND WALL SIT <input type="checkbox"/>
30 MINUTE HIGH KNEES - IN PLACE <input type="checkbox"/>	30 MINUTE HIGH KNEES - IN PLACE (2Xs) <input type="checkbox"/>
25 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>	35 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>
15 SECOND BALANCE ON RIGHT FOOT <input type="checkbox"/>	15 SECOND BALANCE ON RIGHT FOOT (2Xs) <input type="checkbox"/>
15 SECOND BALANCE ON LEFT FOOT <input type="checkbox"/>	15 SECOND BALANCE ON LEFT FOOT (2Xs) <input type="checkbox"/>

2nd Grade Home Physical Education:

DIRECTIONS:

- 1) Complete the fitness tasks on the assigned day to the best of your ability.
- 2) Check off the fitness tasks as they are completed.
- 3) **ASSIGNMENT TO BE EMAILED TO THE INSTRUCTOR**
 - a. **Friday 3/30/2020 by 10:00 pm**
 - b. **Ms. O'Brien = jobrienPE@rochellepark.org**
 - c. **Mr. Ramirez = sramirez@rochellepark.org**

<u>TUESDAY</u>	<u>THURSDAY</u>
10 PUSH-UPS <input type="checkbox"/>	15 PUSH-UPS <input type="checkbox"/>
15 SIT-UPS <input type="checkbox"/>	20 SIT-UPS <input type="checkbox"/>
50 MOUNTAIN CLIMBERS <input type="checkbox"/>	75 MOUNTAIN CLIMBERS <input type="checkbox"/>
10 FROG JUMPS <input type="checkbox"/>	15 FROG JUMPS <input type="checkbox"/>
30 PLANK HOLD <input type="checkbox"/>	30 PLANK HOLD (2Xs) <input type="checkbox"/>
30 SECOND WALL SIT <input type="checkbox"/>	30 SECOND WALL SIT (2Xs) <input type="checkbox"/>
30 MINUTE HIGH KNEES - IN PLACE <input type="checkbox"/>	30 MINUTE HIGH KNEES - IN PLACE (2Xs) <input type="checkbox"/>
25 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>	35 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>
15 SECOND BALANCE ON RIGHT FOOT (2Xs) <input type="checkbox"/>	15 SECOND BALANCE ON RIGHT FOOT (3Xs) <input type="checkbox"/>
15 SECOND BALANCE ON LEFT FOOT (2Xs) <input type="checkbox"/>	15 SECOND BALANCE ON LEFT FOOT (3Xs) <input type="checkbox"/>

3rd Grade Home Physical Education:

DIRECTIONS:

- 1) Complete the fitness tasks on the assigned day to the best of your ability.
- 2) Check off the fitness tasks as they are completed.
- 3) **ASSIGNMENT TO BE EMAILED TO THE INSTRUCTOR**
 - a. **Friday 3/30/2020 by 10:00 pm**
 - b. **Ms. O'Brien = jobrienPE@rochellepark.org**
 - c. **Mr. Ramirez = sramirez@rochellepark.org**

<u>MONDAY</u>	<u>FRIDAY</u>
15 PUSH-UPS <input type="checkbox"/>	20 PUSH-UPS <input type="checkbox"/>
20 SIT-UPS <input type="checkbox"/>	25 SIT-UPS <input type="checkbox"/>
50 MOUNTAIN CLIMBERS <input type="checkbox"/>	75 MOUNTAIN CLIMBERS <input type="checkbox"/>
10 FROG JUMPS <input type="checkbox"/>	15 FROG JUMPS <input type="checkbox"/>
30 PLANK HOLD (2Xs) <input type="checkbox"/>	30 PLANK HOLD (3Xs) <input type="checkbox"/>
30 SECOND WALL SIT (2Xs) <input type="checkbox"/>	30 SECOND WALL SIT (3Xs) <input type="checkbox"/>
1 MINUTE HIGH KNEES - IN PLACE <input type="checkbox"/>	1 MINUTE HIGH KNEES - IN PLACE (2Xs) <input type="checkbox"/>
35 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>	55 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>
20 SECOND BALANCE ON RIGHT FOOT (2Xs) <input type="checkbox"/>	20 SECOND BALANCE ON RIGHT FOOT (3Xs) <input type="checkbox"/>
20 SECOND BALANCE ON LEFT FOOT (2Xs) <input type="checkbox"/>	20 SECOND BALANCE ON LEFT FOOT (3Xs) <input type="checkbox"/>

4th Grade Home Physical Education:

DIRECTIONS:

- 1) Complete the fitness tasks on the assigned day to the best of your ability.
- 2) Check off the fitness tasks as they are completed.
- 3) **ASSIGNMENT TO BE EMAILED TO THE INSTRUCTOR**
 - a. **Friday 3/30/2020 by 10:00 pm**
 - b. **Ms. O'Brien = jobrienPE@rochellepark.org**
 - c. **Mr. Ramirez = sramirez@rochellepark.org**

<u>MONDAY</u>	<u>WEDNESDAY</u>
15 PUSH-UPS <input type="checkbox"/>	20 PUSH-UPS <input type="checkbox"/>
25 SIT-UPS <input type="checkbox"/>	30 SIT-UPS <input type="checkbox"/>
50 MOUNTAIN CLIMBERS <input type="checkbox"/>	75 MOUNTAIN CLIMBERS <input type="checkbox"/>
15 FROG JUMPS <input type="checkbox"/>	20 FROG JUMPS <input type="checkbox"/>
30 PLANK HOLD (3Xs) <input type="checkbox"/>	45 PLANK HOLD (3Xs) <input type="checkbox"/>
30 SECOND WALL SIT (3Xs) <input type="checkbox"/>	45 SECOND WALL SIT (3Xs) <input type="checkbox"/>
1 MINUTE HIGH KNEES - IN PLACE <input type="checkbox"/>	1 MINUTE HIGH KNEES - IN PLACE (2Xs) <input type="checkbox"/>
40 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>	60 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>
30 SECOND BALANCE ON RIGHT FOOT (2Xs) <input type="checkbox"/>	30 SECOND BALANCE ON RIGHT FOOT (3Xs) <input type="checkbox"/>
30 SECOND BALANCE ON LEFT FOOT (2Xs) <input type="checkbox"/>	30 SECOND BALANCE ON LEFT FOOT (3Xs) <input type="checkbox"/>

5TH Grade Home Physical Education:

DIRECTIONS:

- 1) Complete the fitness tasks on the assigned day to the best of your ability.
- 2) Check off the fitness tasks as they are completed.
- 3) **ASSIGNMENT TO BE EMAILED TO THE INSTRUCTOR**
 - a. **Friday 3/30/2020 by 10:00 pm**
 - b. **Ms. O'Brien = jobrienPE@rochellepark.org**
 - c. **Mr. Ramirez = sramirez@rochellepark.org**

<u>TUESDAY</u>	<u>THURSDAY</u>
15 PUSH-UPS <input type="checkbox"/>	20 PUSH-UPS <input type="checkbox"/>
25 SIT-UPS <input type="checkbox"/>	30 SIT-UPS <input type="checkbox"/>
50 MOUNTAIN CLIMBERS <input type="checkbox"/>	75 MOUNTAIN CLIMBERS <input type="checkbox"/>
15 FROG JUMPS <input type="checkbox"/>	20 FROG JUMPS <input type="checkbox"/>
30 PLANK HOLD (3Xs) <input type="checkbox"/>	45 PLANK HOLD (3Xs) <input type="checkbox"/>
30 SECOND WALL SIT (3Xs) <input type="checkbox"/>	45 SECOND WALL SIT (3Xs) <input type="checkbox"/>
1 MINUTE HIGH KNEES - IN PLACE <input type="checkbox"/>	1 MINUTE HIGH KNEES - IN PLACE (2Xs) <input type="checkbox"/>
40 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>	60 SIDE TO SIDE POGO JUMPS <input type="checkbox"/>
30 SECOND BALANCE ON RIGHT FOOT (2Xs) <input type="checkbox"/>	30 SECOND BALANCE ON RIGHT FOOT (3Xs) <input type="checkbox"/>
30 SECOND BALANCE ON LEFT FOOT (2Xs) <input type="checkbox"/>	30 SECOND BALANCE ON LEFT FOOT (3Xs) <input type="checkbox"/>

HOME INSTRUCTION -

HEALTH AND PHYSICAL EDUCATION:
GRADES 6 – 8

***Teachers – Ms. O’Brien (P.E.)**

****Length – 1 week**

*****Reason – School closing due to COVID-19**

FITNESS TASK SHEET:

DIRECTIONS:

- 1) Complete the fitness tasks on the assigned day to the best of your ability.
- 2) Check off the fitness tasks as they are completed.
- 3) **ASSIGNMENT TO BE EMAILED TO THE INSTRUCTOR**
 - a. **Wednesday 3/18/2020 by 10:00 pm**
 - b. **Ms. O'Brien = jobrienPE@rochellepark.org**

<u>MONDAY</u> (CARDIO)	<u>TUESDAY</u> (STRENGTH)	<u>WEDNESDAY</u> (FLEXIBILITY)
	WARM-UP WITH 100 JUMPING JACKS FIRST	WARM-UP WITH 100 JUMPING JACKS FIRST
100 Ground Mountain Climbers <input type="checkbox"/>	30 Push-ups <input type="checkbox"/>	Shoulder Stretch - (Bring arm across chest and pull closer with opposite arm) Hold for 30 seconds. <input type="checkbox"/>
25 Frog Jumps <input type="checkbox"/>	25 Squats <input type="checkbox"/>	Child's Pose - (Sit on heels with knees wide and bent; Reach arms long and press armpit toward the mat) Hold for 30 seconds. <input type="checkbox"/>
100 Standing Mountain Climbers <input type="checkbox"/>	30 Sit-ups <input type="checkbox"/>	Hamstring Stretch - (Stand with legs shoulder width apart; Bend from the hip; Reach toward the ground without bending knees) Hold for 30 seconds. <input type="checkbox"/>
150 Jogger Jacks <input type="checkbox"/>	15 Single-leg Squats (Right Foot) <input type="checkbox"/> 1 Minute Wall Sit	Hamstring Stretch Cont'd- (Stand with legs shoulder width apart; Bend from the hip; Reach toward the right foot without bending knees) Hold for 30 seconds. <input type="checkbox"/>
10 Out and Back Bear Crawls across a safe space <input type="checkbox"/>	1 Minute Plank Hold <input type="checkbox"/>	Hamstring Stretch Cont'd- (Stand with legs shoulder width apart; Bend from the hip; Reach toward the left foot without bending knees) Hold for 30 seconds. <input type="checkbox"/>

75 High Knees each leg <input type="checkbox"/>	15 Single-leg Squats (Left Foot) <input type="checkbox"/>	Quadriceps Stretch – (Stand on one foot; Bend the opposite knee bringing the heel to rear end. Hold the foot with you hand. Options include leaning/holding onto a wall for support and safety) Hold for 30 seconds each leg. <input type="checkbox"/>
75 Jumping Jacks <input type="checkbox"/>	30 Second Plank Hold (Right Arm and Left Leg are Lifted) <input type="checkbox"/>	Cobra Stretch – (Lay face down on your stomach; place hands flat on the ground on either side of your chest; slowly and gently push against your hands raising your head and chest off of the ground; hold) Hold for 30 seconds. <input type="checkbox"/>
80 Side To Side Pogo Jumps <input type="checkbox"/>	1 Minute Wall Sit <input type="checkbox"/>	
15 SECOND BALANCE ON RIGHT FOOT <input type="checkbox"/>	30 Second Plank Hold (Left Arm and Right Leg are Lifted) <input type="checkbox"/>	
15 SECOND BALANCE ON LEFT FOOT <input type="checkbox"/>	15 SECOND BALANCE ON LEFT FOOT (2Xs) <input type="checkbox"/>	
<u>TUESDAY</u>	<u>THURSDAY</u>	
10 PUSH-UPS <input type="checkbox"/>	12 PUSH-UPS <input type="checkbox"/>	

THURSDAY –

DESIGNING YOUR FITNESS SESSION:

DIRECTIONS: You are creating your own fitness session using the tasks from your Fitness Task Sheet

- 1) Fill in the fitness tasks of your choosing from the Fitness Task Sheet
 - a. Make sure to include upper body tasks, lower body tasks, and core tasks.
- 2) Sessions **MUST** include:
 - a. 4 Cardiovascular Tasks
 - b. 4 Strength Tasks
 - c. 4 Flexibility Tasks
- 3) **ASSIGNMENT TO BE EMAILED TO THE INSTRUCTOR**
 - a. **Thursday 3/19/2020 by 10:00 pm**
 - b. **Ms. O'Brien = jobrienPE@rochellepark.org**

Cardio	
Strength	
Cardio	
Strength	
Cardio	
Strength	
Cardio	
Strength	
Flexibility	
Flexibility	
Flexibility	
Flexibility	

FRIDAY –

PERFORMING AND ASSESSING YOUR FITNESS
SESSION:

DIRECTIONS: You are perform your own fitness session, the assessing your designed session.

- 1) Perform your Fitness Session.
- 2) Answer questions in complete sentences.
- 3) **ASSIGNMENT TO BE EMAILED TO THE INSTRUCTOR**
 - a. **Friday 3/20/2020 by 10:00 pm**
 - b. **Ms. O'Brien = jobrienPE@rochellepark.org**

1) In my Fitness session I was looking to accomplish the following:

2) I accomplished my goal: (Circle one below)

- a. Yes
- b. No

3) Explain your answer to question #2

4) In the future, I would change the following to improve my Fitness Session.
