

# Unity Elementary School

## Physical Education

Grade





















**K-2 Superhero Action Challenge and What's Your Name**

**3-5 What's Your Name, Fit Dice and Flip a Coin Workout**



# Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

<input type="checkbox"/> balance on one foot for 10 seconds 	<input type="checkbox"/> bend and touch your toes 10x 
<input type="checkbox"/> crawl forward for 10 feet 	<input type="checkbox"/> curl your body up and hold for 10 seconds 
<input type="checkbox"/> gallop for 10 steps 	<input type="checkbox"/> hop on one foot 10x 
<input type="checkbox"/> jump in place 10x 	<input type="checkbox"/> kneel up tall for 10 seconds 
<input type="checkbox"/> leap forward 10x 	<input type="checkbox"/> roll in a straight line for 10 feet 
<input type="checkbox"/> run in place for 10 seconds 	<input type="checkbox"/> sit and then stand up 10x 
<input type="checkbox"/> skip forward 10x 	<input type="checkbox"/> slide to the right 10x slide to the left 10x 
<input type="checkbox"/> stomp your feet in place 10x 	<input type="checkbox"/> straighten your body and hold for 10 seconds 
<input type="checkbox"/> stretch your legs for 10 seconds 	<input type="checkbox"/> twist your body to the right and left 10x 
<input type="checkbox"/> walk backwards for 10 steps 	<input type="checkbox"/> wiggle your body for 10 seconds 

Go to [www.YourTherapySource.com/superhero](http://www.YourTherapySource.com/superhero) for the complete download

# what's your name!

## WORKOUT FOR BEGINNERS

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |



Created By: Mike Ginicola (@PhysEdDepot)

# FIT DICE



ROLL 2 DICE

IF YOU ROLLED

THEN YOU'LL DO THIS EXERCISE

ROLL THIS MANY DICE FOR # OF REPS

2	→	JUMPING JACKS	→	4 DICE
3	→	PUSH-UPS	→	3 DICE
4	→	CURL-UPS	→	4 DICE
5	→	SQUAT JUMPS	→	2 DICE
6	→	JOG IN PLACE	→	4 DICE
7	→	FOREARM PLANK	→	3 DICE
8	→	ARM CIRCLES	→	4 DICE
9	→	SQUATS	→	3 DICE
10	→	PUSH-UPS	→	2 DICE
11	→	CURL-UPS	→	3 DICE
12	→	JUMPING JACKS	→	3 DICE

# FLIP A COIN WORKOUT

Warmup for 5 minutes: You can walk or jog or jump rope or speed walk or do line jumps (mix it up)

**Flip your coin and then do each exercise between 30 seconds to 45 seconds. Then repeat it 2 or 3 times.**

## HEADS

Mountain climbers

Jumping jacks

Lunges

Plank

High knees

Push Ups

Heels to glute (Bottom kicks)

## TAILS

Tuck jumps

Sit ups

Wall sits

Line jumps

Shoulder taps

Jump squats

Hummingbirds (Arm circles)

**HAVE FUN DOING YOUR PERSONAL BEST!**

**YOU ARE A WINNER! YOU ARE VALUABLE!**

**THERE'S GREATNESS IN YOU!**

**Coach Grigley is missing all of you!**