

## Physical Education distance learning packet April 29-May 6

The packet this week includes:

- \*Fun physical activity 'board game'
- \*Vocabulary sheet/word search about macronutrients (fat, carbohydrate, protein)
- \*Worksheet about communication where you will either be interviewing someone, or they will interview you!

Make sure to check out the video the McDonald Staff made for our students! The YouTube link is,

<https://www.youtube.com/watch?v=shNQhtdhEIE&t=9s>

As always please check out my McDonald P.E. website @ [duckspe.wordpress.com](http://duckspe.wordpress.com) There is a new challenge video posted on the Moscow Elementary PE website @ [moscowpe.org](http://moscowpe.org)

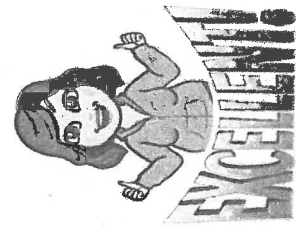
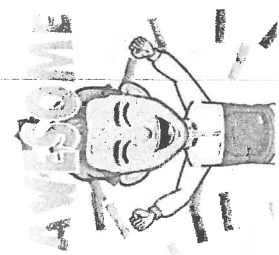
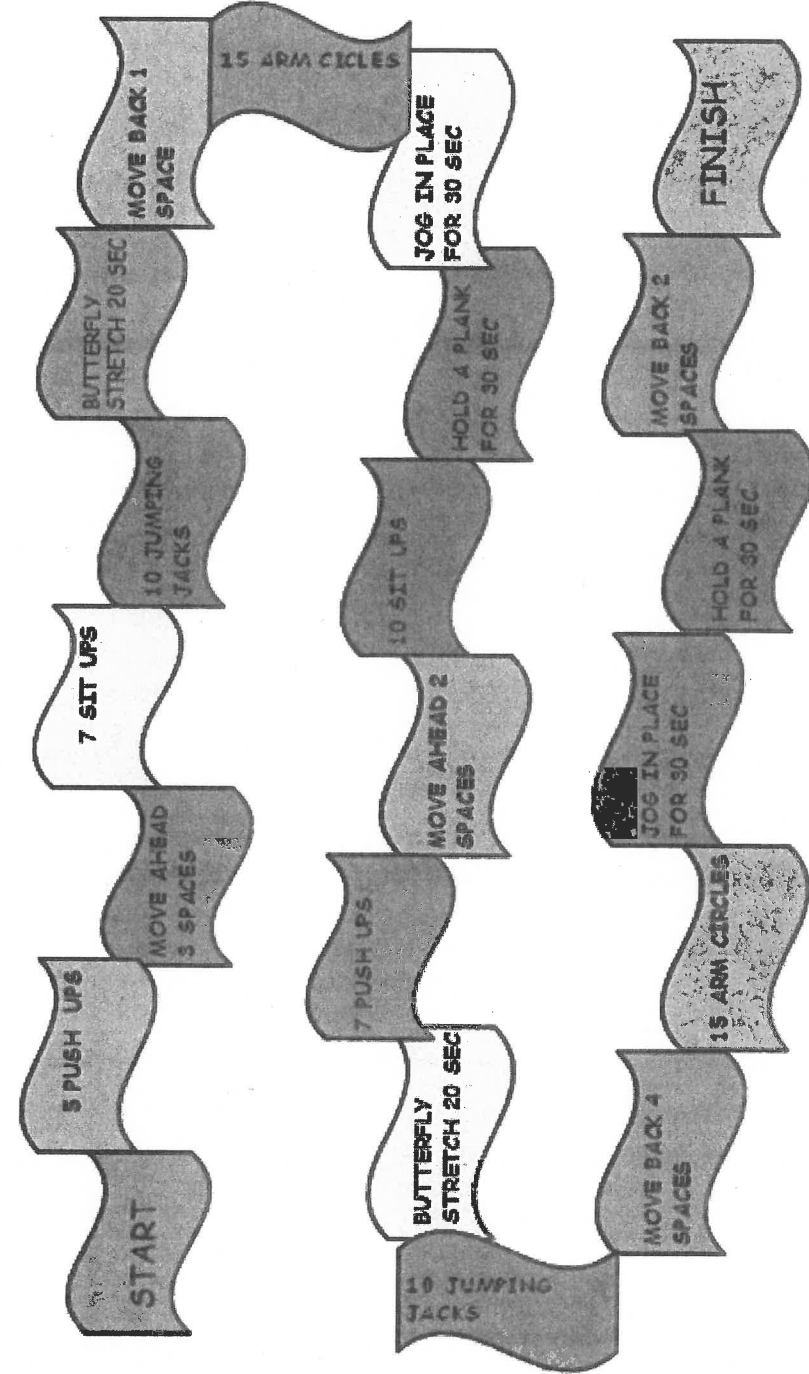
If you have any questions or concerns you can ALWAYS reach me at [carscall@msd281.org](mailto:carscall@msd281.org). All assignments in the packet are to be done at your own pace. I am striving to make the physical activity component be something that can be done with other family members as an activity break!

Have a great week!

Mrs. Carscallen

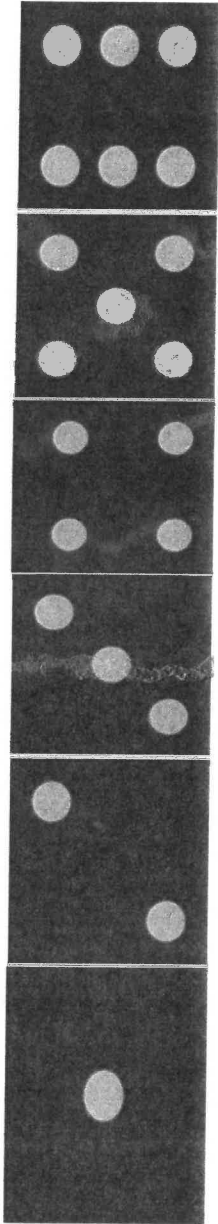


# Moscow Elementary PE Fitness Land Game

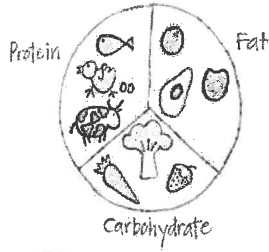


**Directions:** Start with your game piece on the "Start" space. Roll the die and move forward that many spaces. Do the activity in the space and then roll again. Continue until you reach the "Finish" space. Play the game with one or more partners if you want and see who gets to the "Finish" space first. If you do not have a die, use the dice on the following page and flip a coin onto the dice.









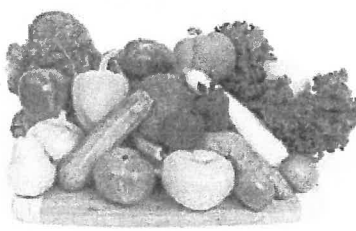
# Food for Energy and Health

## Vocabulary

- \***Calorie:** The unit of measure used to calculate the energy content of food
- \***Carbohydrate:** The nutrient that is the body's most preferred source of energy
- \***Diet:** Regular course of eating and drinking adopted by a person
- \***Fats:** Assist the body with nerve conduction, vitamin absorption, insulation, and organ protection. Also used as the most concentrated (long, slow) source of energy for the body.
- \***Minerals:** Inorganic elements found in foods that the body needs to function properly
- \***Nutrients:** Substances found in food that provide energy, help the body grow and maintain its functions
- \***Protein:** The nutrient that is used to build and repair body tissues. Protein is also used as an energy source when carbohydrate stores are low
- \***Vitamins:** Essential substances contained in foods, needed for normal growth



**Protein**



**Carbs**



**Fat**





# Food for Energy and Health

T P Q  
 I Q Y N X S B E T  
 W M I N E R A L S S Q F A  
 H V Y F K S A A G U I D T B C B N  
 X E F Y Y R R T T F A D F P N H N W G  
 C G B E E B H M R D D A H S H E I H K N W  
 R T P G W H F Q J P O E S J M Z S E C E A  
 A W P K Y M B N C H O N N T Z Z K  
 J S T I C F K X V H T W X F O Z Z  
 W U U T Z I P S N U K M L M Q N J E K O T F R M W  
 Z F W J N S D Z X Y D G Z P Q L U C C M O V D P J  
 H Z F T E E Z Y R B H V X W J Q M O I C M G X S G  
 V T M H J P E I P V B Y E F K F E J Q F V P U Z X L D  
 S J U L K E T A R D Y H O B R A C U H S F U Z V X L R  
 H R W G L S D Y A T I Z L O G T R K R H F J P O N O X  
 Z E K R G Z O I U Q Q P N S K P V B W D I M H  
 F O X H Y T T H N P T L E W U D K D Q D Z  
 J A M S J P F B J E M E R W D H J X A X P  
 G G I W T Y Y B K N  
 O G I E P I A P K N B T  
 Q I J B A O B D L T F N B Z C A L O R I E  
 D R F Z X M A Y L S H H V V H M J Q H L H  
 K X N O J V I T A M I N S H Z N Z I P  
 W T D G G Y G J R X O X P D W E J  
 O G D S T R F Q A W F I C  
 D K D M G D M I V  
 L C V

Directions: Circle the hidden words in the puzzle above

Calorie

Carbohydrate

Diet

Vitamins

Minerals

Nutrients

Protein

Fats



# Communication

*Active listening improves your ability to communicate effectively*

## Vocabulary:

**Communication-** Exchanging ideas, information or opinions. Speaking clearly and listening to others.

**Active Listening-** being a part of the communication process by looking at the person speaking, showing attention, restating the message, asking questions, and speaking when the other person is finished.

TELL model



## TELL Model

**T- THINK** about what you want to say before you speak.

**E- EXPRESS** your thoughts and feelings clearly and politely.

**L- LOOK** at the other person(s) with whom you are speaking.

**L- LISTEN** to what they have to say and ask questions.

K-2 Activity: Get interviewed by a parent or older sibling.

3-5 Activity: Interview a family member or a friend.

# Interview Questions

Follow the list of questions below.

1. What is your favorite color?
2. If you could go any place in the world, where would you want to go?
3. What is your favorite physical activity to do?
4. If you had three wishes that could come true, what would they be? (no, you cannot wish for more wishes!)
5. What is something unique about you?