

## Physical Education distance learning packet

**May 20-27**

The packet this week includes:

- \*Moscow Fitness Monopoly: play this with a friend or family members!
- \*Muscle Motion continues this week with a muscle identification page. Do your best! The answer key can be found on [www.moscowpe.org](http://www.moscowpe.org), under lesson plans.
- \*ART DAY! On the back of this page you will find an Art Day project that your specialist teachers have put together for you.

Need a break? Watch the video your teachers put together for you this week, pictures of us before we were teachers! See how many teachers you can recognize!

<https://animoto.com/play/cK0f8BGeXdlq9pBe8Adt0g>

Just a reminder, all the work sent home in the P.E. distance learning packets is meant to be done at your own pace. I do not want to cause undue stress on our students and families. All material covered during the 4<sup>th</sup> quarter will be retaught next year. The physical activity components are there for you to use as a break in between other classes/subjects and can be completed as a family or alone!

Have a great week!

Do not hesitate to send me a message if you have any questions!

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MCDONALD SPECIALISTS ART DAY  
COMBINED ACTIVITY  
FRIDAY, MAY 22, 2020

You will make a paper airplane; you may use this demonstration video if you need help making one yourself: <https://www.youtube.com/watch?v=54noZe-0B1c&t=20s>



### *MUSIC*

**MAKE A PAPER AIRPLANE AND THEN FOLLOW ITS COURSE USING HIGH AND LOW SOUNDS WITH YOUR VOICE.**

### *Movement*

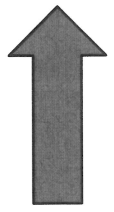
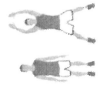



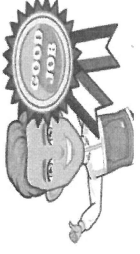


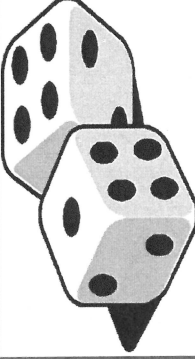












As you watch the plane fly, notice the speed and pathway through the air. How many different movements can you make that same speed and pathway? How can you show the level change from high to low? Create a different ending shape each time.

### *P.E.*

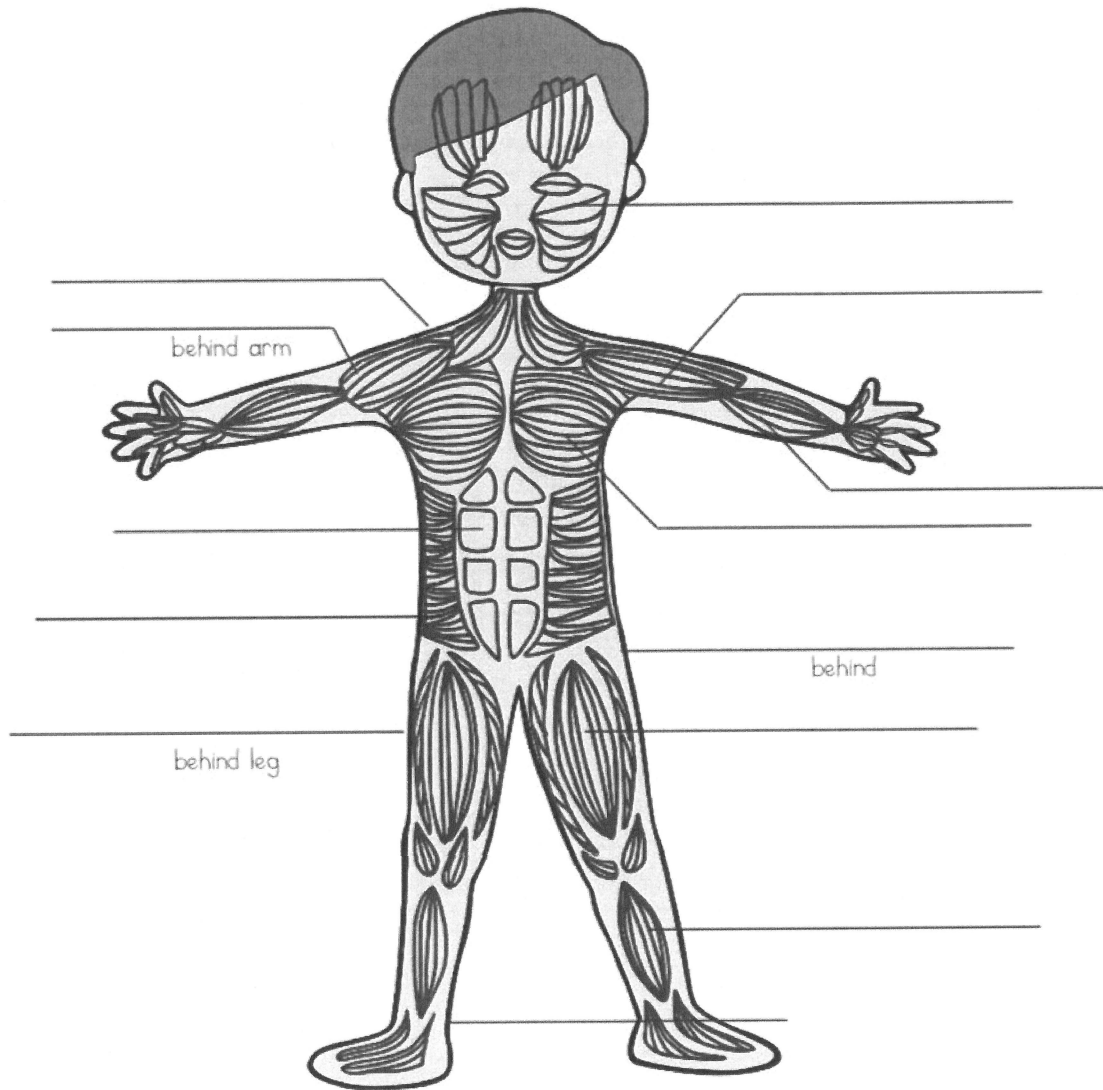


- \*CREATE YOUR AIRPLANE, GIVE IT A FEW TRIAL RUNS.**
- \*AFTER YOU FEEL GOOD ABOUT HOW STRONG AND STURDY IT IS, I WANT YOU TO CHALLENGE THAT AIRPLANE TO A RACE!**
- \*GIVE IT A GOOD TOSS AND SEE IF YOU CAN OUTRUN IT!**
- \*ANOTHER OPTION IS TO TIME HOW LONG YOUR PLANE STAYS IN THE AIR. SEE IF YOU CAN RUN THE SAME DISTANCE AND BEAT THE BEST TIME OF YOUR AIRPLANE!**

<h1>GO</h1> 	<b>15 Jumping Jacks</b>  <b>3 Points</b>	<b>Run in Place For 20 sec</b>  <b>2 Points</b>	<b>Russell Elementary</b> <b>5 Points</b>	<b>Dance Party For 25 sec</b>  <b>4 Points</b>	<b>10 Sit Ups</b>  <b>3 Points</b>	 <b>7 Points</b>	
<b>Cross Arm Stretch</b> <b>30 sec</b>  <b>5 Points</b>	<b>10 Ski Jumps</b>  <b>4 Points</b>	<div data-bbox="406 1050 1218 1543" style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>MOSCOW Fitness Monopoly</h2>  </div> <div data-bbox="406 577 1218 1039" style="border: 1px solid black; padding: 10px;"> <p><b>Directions:</b> Start with a game marker on the "Go" square. Roll a die and move forward that many spaces. Do the exercise from the square that you land on and write down on a piece of paper how many points you got. Keep repeating until you go around the board one time. Add up your points and see how many you got. Challenge yourself to go around the board 2 or 3 times. Play the game with a friend!</p> </div>				<b>Butterfly Stretch</b> <b>30 sec</b>  <b>2 Points</b>	<b>Hold a Plank for 30 sec</b>  <b>4 Points</b>
<b>Lena Whitmore Elementary</b> <b>5 Points</b>	<b>Shoulder Stretcher</b> <b>30 sec</b>  <b>3 Points</b>					<b>Water Break</b>  <b>2 Points</b>	<b>West Park Elementary</b> <b>5 Points</b>
 <b>7 Points</b>	<b>Toe Toucher</b> <b>20 sec</b>  <b>4 Points</b>	<b>10 Squats</b>  <b>5 Points</b>	<b>McDonald Elementary</b> <b>5 Points</b>	<b>Rest Break</b> <b>For 1 turn</b>  <b>1 Point</b>	<b>High Knees</b> <b>For 20 sec</b>  <b>2 Points</b>	 <b>7 Points</b>	

# Muscle Identification

Directions: Using the bank of terms below, please label the human body below. Reference your muscle vocabulary for help. The answer key can be found in this week's lesson plans on [moscowpe.org](http://moscowpe.org).



Quadriceps	Biceps	Tibialis	Finger Flexors
Triceps	Hamstring	Deltoid	Face muscles
Gluteus maximus	Pectoral	Obliques	Achilles tendon
Rectus Abdominus			