

Elementary

# Physical Education

## Fitness Journal



**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

This fitness journal is your instructional guide through a 2-week wellness home study. It has been designed with a focus on the following core competencies for social and emotional learning – Self-Awareness and Self-Management.

Focused Alignments:  
Core SEL Competencies | [casel.org](http://casel.org)  
Grade-level Outcomes | [shapeamerica.org](http://shapeamerica.org)

Featuring Resources By:





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## **This is a 2-week home study focused on...**

1. Understanding self-awareness and self-management as it relates to physical activity, goal setting, and stress management
2. Exploring personal thoughts and emotions as they relate to physical activity and examine how these thoughts affect our behaviors and routines
3. Achieving personal activity goals aimed at reducing stress and boosting our body's ability to fight disease

## **There are 3 components to this journal.**

- ✓ First, you will complete daily activity challenges designed to prepare our minds for optimal performance and creativity.
- ✓ Second, you will complete short journaling exercises focused on developing social and emotional competencies.

## **Your 2-week SMART goals.**

A SMART goal is Specific, Measurable, Achievable, Realistic, and Time-bound.

- **SMART GOAL 1:** During the next two weeks, I will be physically active for at least 60 minutes per day for a minimum of 12 of 14 days. I will track my activity using the activity log provided in this journal.
- **SMART GOAL 2:** During the next two weeks, I will complete all of the writing prompts included in this journal. Each prompt will help me explore physical and emotional well-being concepts.



# Physical Education

Fitness Journal

## Physical Activity Log

Use the activity log to track your progress. Remember, activity minutes add up.

It's okay to break your total activity into smaller chunks of movement.

### Week 1:

Day	Activity 1	Activity 2	Activity 3
Sample Day	Daily Challenge 15 Mins	FitKid (Minute Masters and Flexibility Stations)	Minute Movers
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

### Week 2:

Day	Activity 1	Activity 2	Activity 3
Sample Day	Daily Challenge 15 Mins	FitKid (Minute Masters and Flexibility Stations)	Minute Movers
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			



# Physical Education

Fitness Journal

## Daily Activity Challenges

Complete each challenge. When finished, mark an **X** next to that day's challenge.

Day	Challenge	Complete ?
<b>Sample Day</b>	How many jumping jacks can you do in 5 minutes? Do your 'jacks in sets of 25 with a break in between.	X
<b>Day 1</b>	Visit Darebee.com and complete the Workout of the Day.	
<b>Day 2</b>	Make 3 sock balls by balling up your socks - duh... Grab an adult and search "learn to juggle" on YouTube. Work for 15 minutes and make progress.	
<b>Day 3</b>	Grab an invisible jump rope and create a routine that includes at least 4 different "tricks."	
<b>Day 4</b>	Wall Push-ups are just like push-ups but are done standing against a wall. Do 5 sets of 10.	
<b>Day 5</b>	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	
<b>Day 6</b>	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
<b>Day 7</b>	Visit <a href="https://www.playworks.org/game-library/">https://www.playworks.org/game-library/</a> and try a Featured Game.	
<b>Day 8</b>	How many jumping jacks can you do in 5 minutes? Do your 'jacks in sets of 25 with a break in between.	
<b>Day 9</b>	Practice makes perfect! Grab those 3 sock balls and work on your juggling for another 15 minutes.	
<b>Day 10</b>	Visit Darebee.com and complete the Workout of the Day.	
<b>Day 11</b>	Remember how many jumping jacks you did in 5 minutes? It's time to break your record! Do your 'jacks in sets of 25 with a break in between.	
<b>Day 12</b>	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	
<b>Day 13</b>	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
<b>Day 14</b>	Visit <a href="https://www.playworks.org/game-library/">https://www.playworks.org/game-library/</a> and try a Featured Game.	



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## **Playworks FitKid Program**

Playworks has created a Health and Fitness program called FitKid in an effort to address the need for a radical shift in attitudes about children, physical activity, and educational priorities in the United States. This Health and Fitness FitKid program introduces material that will enhance children's understanding of the physical body and how it works.

### **Minute Masters**

Do each activity for one minute to help build endurance and support a healthy heart! Try to do all four activities in a row before taking a break.

<b>Set #</b>	<b>Exercise Name</b>	<b>Interval Start</b>
<b>1</b>	<b>Jumping Jacks</b>	<b>0:00</b>
<b>2</b>	<b>Jog in place</b>	<b>1:00</b>
<b>3</b>	<b>Squats</b>	<b>2:00</b>
<b>4</b>	<b>Walk laps at a natural pace (in available space)</b>	<b>3:00</b>



### Flexibility Stations

This format is “Double or Nothing” because each exercise is done twice in a row.

Station	Exercise Name	Interval Start
1	Forward Bend	0:00
2	Lunge Land	2:00
3	Calf Stretch	4:00
4	Sitting Eagle	6:00
5	Soaring Eagle	8:00
6	Flamingo	10:00

#### Forward Bend

This is targeted to work on your hamstrings and lower back. The muscle being stretched is the Bicep Femoris, known as the lower hamstring, and your back, the lower Latissimus Dorsi. This is a good stretch to eliminate stiffness in the lower back and tightness in the hamstrings. Keep your knees slightly bent. Reach both arms up straight above your body. Slowly lower your arms and upper body until your back is perpendicular to your legs, making a “table” with your back. Let your arms and head hang. The goal is to hold this stretch for 60 seconds. Start with 30 seconds and add time as they progress.

#### Lunge

This is targeted to stretch the anterior hip. Extend the left leg back, knee bent, so that the top of the foot is resting on the ground. Bend your front right knee making sure the foot is flat and the knee is at 90 degrees. Gently lean your body forward over the front foot, keeping your back and torso straight while extending the hip. The goal is to hold this stretch for 60 seconds. Start with 30 seconds and add time as they progress. Stretch both left and right legs equally.

#### Calf Stretch

The muscle that will stretch is called the Gastrocnemius, also known as the calf. This stretch helps prevent the possibility of pulling/tightening of the calf. Stand with one foot in front of the other, shoulder width apart, with the front foot facing forward and the back foot at a 45-degree angle. The front knee is bent just far enough so it does not go past the foot and the back leg is straight without the knee locking. Press the heel of the back leg into the floor until a stretch is felt in the calf muscle. Count to 30. Switch so the back leg is now forward and repeat.





### Soaring Eagle

This stretches the triceps muscles. The muscle you are trying to stretch is called the Triceps Brachii. Reach your left arm up as if you are waving to a friend, bend the elbow and drop the forearm and hand behind your head. Reach your right arm behind you, at rib height and see if you can clasp hands. Count to 30. If it is difficult for the students to clasp hands you may also introduce this stretch with foot long strips of cloth for students to hold onto until they become more flexible. Caution: do not let students help each other grasp hands as each student should only stretch as far as they are able.



### Sitting Eagle

This stretches the upper back. Hold both arms out in front of you with your palms up. Cross your right arm over your left. Bring your palms up to your face and then give yourself a high-five. Count to 60. Repeat with the left arm on top.



### Flamingo

The muscle being stretched is the quadriceps, the large thigh muscle. It is a good muscle to loosen up prior to running. Stand on one foot - if balancing is a challenge, hold onto the shoulder of a partner or a wall. Also try touching your nose or forehead with one finger. Hold the ankle with the opposite hand and raise the heel of the lifted foot to the buttocks (or as close as comfortable). Keep your body upright; do not jump while stretching. The goal is to hold this stretch for 60 seconds. Start with 30 seconds and add time as they progress. Stretch both left and right legs equally.





# Physical Education

Fitness Journal

## Minute Movers

Need quick and fun activities? Choose from the lists below to create your own fun energizing activity time!

Visit <https://www.playworks.org/game-library/> for instructions to the games listed below.

1. **Opening** (3 minute): Choose one of the following activities:

Stretches

Chair Aerobics

Hokey Pokey Aerobics

Hula-Hoop Circle

Move Your Body

Simon Says

Smile if You Love Me

Story Time Warm Up

Surfing Warm Up

What Changed?

2. **Activity** (5 minutes): Choose one of the following activities:

Ball Toss Race

Bullfrog Game

Bumpity Bump

Circle Animals

Concentration Crunch

Detective

Ducks Fly

Face to Face

Heads-Up 7-Up

Hokey Pokey Aerobics

Hula-Hoop Circle

All Tied Up

Hot Potato

Instant ID

Indoor Marco Polo

Up Down Stop Go

You Can Two Can Workout

Look Up

Move your Body Partner to Partner Pass the Ball

Phrase Game

Silent Ball

Simon Says

Smile if You Love Me

Story Time Warm Up

Sun Monarch

Surfing Warm Up

The Ball Toss Race

What Changed?

Wonder Ball

3. **Cool Down** (2 minute): meditation, deep breathing, etc.





### Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

#### Day 1

<p>Write a list of 5 things you can do to help your mind and body relax.</p>	
<p>If you could choose one place in the world where you could go to relax, where would it be and why did you choose this place?</p>	

#### Now Breathe

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>✓ You're going to practice breathing into your belly.</li><li>✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.</li><li>✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?</li><li>✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.</li></ul>	<p>Did you complete this breathing exercise?</p> <p><b>Yes or No</b></p>
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### Day 3

<p>Write a list of 5 things that you are grateful for. List people, places, or important events.</p>	
<p>Write 3 “Thank You” sentences that you could say to a specific person that you are grateful for. Now, go find that person and read what you wrote.</p>	

### Now Breathe

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>✓ It’s time to practice breathing into your belly.</li><li>✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.</li><li>✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?</li><li>✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.</li></ul>	<p>Did you complete this breathing exercise?</p> <p><b>Yes or No</b></p>
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### Day 5

<p>It's important to use positive language when we talk to others as well as in our own self-talk. Write 5 positive words or phrases you can use today.</p>	
<p>Write a sentence of encouragement to yourself.</p>	

### Now Breathe

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>✓ It's time to practice breathing into your belly.</li><li>✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.</li><li>✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?</li><li>✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.</li></ul>	<p>Did you complete this breathing exercise?</p> <p><b>Yes or No</b></p>
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### Day 7

<p>List 3 words or phrases that describe how you feel each time you finish being physically active.</p>	
<p>Write 3 sentences that you could use to convince a friend or family member to be physically active with you.</p>	

### Now Breathe

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>✓ It's time to practice breathing into your belly.</li><li>✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.</li><li>✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?</li><li>✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.</li></ul>	<p>Did you complete this breathing exercise?</p> <p><b>Yes or No</b></p>
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## Day 9

<p>List 2 accomplishments that you are proud of.</p>	
<p>Choose 1 of those accomplishments and write 3 sentences to yourself describing why you are proud and how that accomplishment will help you in the future.</p>	

### Now Breathe

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>ü It's time to focus on our breathing without using a moving object.</li><li>ü Find a comfortable place to lay flat on your back.</li><li>ü Close your eyes and focus on breathing.</li><li>ü As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.</li></ul>	<p>Did you complete this breathing exercise? <b>Yes or No</b></p>
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### Day 11

<p>Think of a friend or family member. List 1 of their most recent accomplishments that you admired.</p>	
<p>Now, write 3 sentences to your friend or family member describing why you are proud their accomplishment and how you believe that achievement will help them in the future.</p>	

### Now Breathe

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>ü It's time to focus on our breathing without using a moving object.</li><li>ü Find a comfortable place to lay flat on your back.</li><li>ü Close your eyes and focus on breathing.</li><li>ü As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.</li></ul>	<p>Did you complete this breathing exercise? <b>Yes or No</b></p>
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### Day 13

<p>List 3 benefits of completing this 2-week journaling routine.</p>	
<p>Choose 1 of the benefits listed above. How is that benefit related to your emotional health?</p>	

### Now Breathe

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>ü It's time to focus on our breathing without using a moving object.</li><li>ü Find a comfortable place to lay flat on your back.</li><li>ü Close your eyes and focus on breathing.</li><li>ü As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.</li></ul>	<p>Did you complete this breathing exercise? <b>Yes or No</b></p>
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