

## Physical Education Activities for the Weeks of January 11-15 and 18-22

Welcome to Physical Education class. You only have to do the activities once during the week. If you have access to Canvas from home then log in and the activities and assignments are in the modules for Weeks 15 and 16. If you cannot access Canvas from home then complete the information below.

We will start each class by performing warm up activities. These are included below and you can check each one off as they are complete. The work period activities are also included as items in this module. I hope you enjoy your lesson for this week.



Student Name: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_

Warm Up Activities	Week of Jan. 11-15	Week of Jan. 18-22
10 Toe Touches		
10 Sit Ups		
10 Push Ups		
10 Curl Ups		
10 Jumping Jacks		
Deltoid stretch		
Tricep stretch		
Jump rope (if possible)		
Take your pulse before you start and after you finish		

Week of January 11-15: Perform a physical activity like running outside, playing basketball or soccer, hula hooping or jumping rope for 15 minutes taking breaks if you get tired. Take your pulse before and after the activities. Please write below what activity you performed this week and how your pulse changed from before to after your exercise.

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Week of January 18-22: Perform a physical activity like running outside, playing basketball or soccer, hula hooping or jumping rope for 15 minutes taking breaks if you get tired. Take your pulse before and after the activities. Please answer the following questions about your Circulatory System that we have learned in previous lessons.

1. How big is your heart? \_\_\_\_\_
2. How many times a day does your heart beat? \_\_\_\_\_
3. What do red blood cells carry? \_\_\_\_\_
4. What is the purpose of white blood cells? \_\_\_\_\_