



Bring PE to Your Family Week

OCTOBER 19-23

Active Schools
#FamiliesLovePE

Brain & Body Warm-Ups

GRADE 3-5 LESSON 2

OPTIMISM: A feeling of hopefulness and confidence about the future or the success of something.

The class has a lot of optimism that this school year will be fun and meaningful.

High-5 Breathing: [\[YouTube\]](#)

Sit or stand in a comfortable position. Hold your left hand out in front of your chest. Extend and spread your fingers out.

Using the pointer finger of your left hand, slowly trace your fingers starting with the thumb and tracing up and down all the way to the outside base of your pinkie.

As you trace up a finger, inhale. As you trace down a finger, exhale.

Purposeful Practice

GRADE 3-5 LESSON 2

PHYSICAL EDUCATION: A subject in school with a planned curriculum that teaching student to have the skill, confidence, and knowledge to be physically active for a lifetime.

Physical education helps us learn fun ways to be active every day and keep our bodies healthy.

CYO 6-Minute Interval Routine:
[\[YouTube\]](#)

We're going to choose some fun activities and exercises, put them into a 6-minute interval routine, and then get active! Each routine is made up of 8 30-second activity intervals with 15-second rest breaks in between. HIIT routines are a great way to get a good dose of activity any time in your day.

Just for Fun (and health)

GRADE 3-5 LESSON 2

ENERGY BALANCE: The state when a person uses (burns) the same amount of energy (calories) that they consume in a day.

Energy balance helps us keep our bodies at a healthy weight.

Nutrition Fortune Teller: [\[YouTube\]](#)

Let's learn about nutrition using a fun Nutrition Fortune Teller.

Start by picking the number that matches the picture of a food. Open and close the fortune teller while counting to that number. Next, choose the name of the food on the inside of the fortune teller. Open and close while spelling the name of the fruit. Next, open the flap, read the fun fact and complete the activity.