

PE Week 5

Grades 3rd-6th

CONTINUE EXERCISE LOGS

LESSON: I would like for each of you to research the Decathlon event in the Olympics. Decathlon means 10 events. So, aside from the pole vault event, I want you to perform a mini decathlon. With your parents help, have them help you be creative and make your own with the other 9 events. I want you to perform at least 4 of the none each day, or all of them if you can. Check your progress each day, see if you improved. What I want you to research is, for each event, learn the rules of each event, and, maybe on youtube, how to properly perform each event.

1. High jump- being very careful, jump over something, no broken bones! Have your parents help and assist you, or, if you have a pool, jump over something small into the pool, exercising SAFETY!
2. Long jump, run and jump far as you can into sand, dirt, or the pool. Again, careful, SAFELY.
3. Javelin- Using a small stick, throw it like a javelin, measure your distance. Not near or at your parent's vehicles, or anything that's breakable.
4. Shot put- any round semi heavy, or a softball, throw it like a shot put is thrown. Youtube has many great videos on this, as well as other events.
5. Discus- You can use a frisbee, or something that's like that, even couple paper plates stacked together, and put tape on them. Learn the proper method to throw it.
6. 110 meter hurdles- Set up a smaller course, something not to high, even some empty milk containers, doesn't have to be too high, but learn the proper form in jumping them.
7. 100 meter dash- run straight ahead, it's close to or say the length of our basketball court.
8. 400 meter run- Run around your street, maybe around the block, or something that is relative to that. Perhaps your parents can bring you to the park, if it's open. Think of running around our basketball court 4 times.
9. 1500 meter run- This is a big challenge for most, it's a longer distance run. This is almost a one-mile run. So running around our basketball court approx. 16 times. Yes, challenging.

Please share online google classroom, so others can see, and myself. I want you guys to get the experience of a Decathlete. There a very rounded athlete in many different events. The training is tough, because they have to be many athletes in one.

After doing this, ask yourself this question: Can a great Decathlete that does all events, beat an athlete that just does say hurdles, or just does 400 meter run. For all the events, ask yourself that question, and I'm curious as to your thoughts.

Grades K-2nd:

Continue with teaching and practicing to tie a shoe lace.

I would like parents/guardians, to explain the Olympics to your child. What is the Olympics, what type of events are in the summer Olympics. Make some mini events for them that relate to the Olympics, and have them do perform them.

Example- 400 meter run- Explain to them it's a sprint, and explain that a sprint is when they run as fast as they can from point A to point B. Then have them do a longer distance, maybe 3x that distance. Ask them if they can run as fast as they can, or, do they need to slow down so they don't run out of fuel, get tired and not be able to finish that run. Let them explain to you how the two runs are different, one being shorter, and one longer. You can do this for the long jump, or the high jump. There both jumping events, but let them explain to you how they are different. Set something up so they can have an idea of jumping up on something, vs jumping far maybe into sand, dirt, or a pool you have access.

Make it fun for them. ENCOURAGE THEM! Maybe do it with them.