PE/Health Odds

Course Description: Students study proper nutrition and safety including fire safety and the dangers of drugs and alcohol. Students will develop their strength and endurance while learning the proper way to exercise while doing soccer and volleyball drills.

Levels:

Level 1-4 — 1st through 4th

Level 5-8 — 5th through 8th

Week 1
Level 1-4

1. If you didn’t get here through My EP Assignments, I suggest you go there and create an account.
2. Play follow the leader to get some exercise. Make each other move!

Level 5-8

1. If you didn’t get here through My EP Assignments, I suggest you go there and create an account.
2. Ask your mom what you can scrub or find a stubborn stain. Scrub until your arm hurts and then scrub another minute more.

Week 2
Level 1-4

1. Read about why water is the best drink to drink.
2. Ask your mom if you can choose a recipe to make. (Click on the + by Recipes for Kids.)

Level 5-8

1. Watch these videos on sugar. How sugar affects the body How sugar affects the immune system

Week 3
Level 1-4
1. Play animal charades to get moving.
   Level 5-8
   1. Vacuum the rug or mop the floor (whichever your mother prefers). Put some muscle in it!

**Week 4***
Level 1-4/5-8
1. Watch a fire safety video.

**Week 5**
Level 1-4/5-8
1. Learn the Three P's of fire safety (on the right-hand side).
2. Click next until you get back to the beginning.

**Week 6**
1. Practice your escape route all together as a family. Time yourselves, starting from different places in the house. Close doors on your way out. What was your fastest time?

**Week 7**
Level 1-4

1. Play catch. Every time you catch the ball take a step backward. If you don’t have anyone to play catch with, then practice your aim. Pick a spot and keep score as to how many times in a row you can hit it. Keep moving farther away from the target. When you miss, take a step forward.

**Level 5-8**
1. What does it mean to burn calories? Calories are a measure of the energy your body takes in through food. Your body needs energy to do everything it does. But you need a lot more energy to dance than to watch TV! If you don’t use or “burn” off enough calories, then they turn into fat. I don’t want you worrying about getting fat or using your calories. Your goal should be to eat healthy and live healthy. Living healthy means not just sitting all day but getting up and moving. One way to do that is with chores. Yeah!
2. I wasn’t kidding telling you to do cleaning to exercise. Check out this list of how many calories you burn doing housework.
3. Choose something on the list and figure out how long you’d have to do it to burn 50 calories according to the list. Do it!

**Week 8**
Level 1-4
1. Here is an article about smoking.
2. Here are pictures of what smoking can do to you.
3. Use these two sites to try and list ten bad things smoking can do to you.

**Level 5-8**
1. Here is an article about smoking.
2. Here are pictures of what smoking can do to you.
3. What do you think are the biggest reasons to not smoke?

**Week 9**
Level 1-4
1. Jump! (but not on a bed!)

**Level 5-8**
1. Jump rope for as long as you can. Time yourself.
2. Then take a break.
3. Then do it again. Which time did you jump the longest?
4. If you don’t have a jump rope, then just jump.

**Week 10**
Level 1-4
1. Figure out an estimate of how many calories you used yesterday being active. An estimate means a good guess. You don’t need to know the exact amount of time you spent doing things. If you didn’t do any of those things, how about sitting and reading, talking, sleeping, eating, chores? Use the calorie counter sheet that is closest to your weight (60 or 90 lbs): Calories burned 60 or Calories burned 90
2. Remember your body uses calories just breathing, but the more you do the more energy (calories) you need.

Level 5-8
1. Figure out an estimate of how many calories you used yesterday being active. An estimate means a good guess. You don’t need to know the exact amount of time you spent doing things. You can choose “sitting” under occupation and the top one under that for doing your school work. Use the calorie counter sheet that is closest to your weight (60 or 90 lbs): Calories burned 60 or Calories burned 90
2. Look at this chart. How many calories do you need each day to keep your body going?

**Week 11**
Level 1-4
1. Follow the directions in the video. EXCEPT DON’T SCREAM!
2. Play it again.

Level 5-8
1. Jump rope longer than you did last time. Don’t stop until you’ve past your best time from the last time.
2. If you don’t have jump rope, just jump.

**Week 12**
Level 1-4
1. Play the household hazard game. Go to the different rooms. Can you spot what is unsafe?

Level 5-8
1. Play the household hazards game. When you find a game in the room, you’ll lose anything you have clicked yes on if you haven’t “check”ed it yet.
2. Find all the household hazards. This is a quiz. How did you do?

**Week 13**
Level 1-4
1. Watch these videos on staying clean.
   - one
   - two

Level 5-8
Read about keeping clean.

**Week 14**
Level 1-4
1. See how long you can balance on one foot. Then see how long you can balance on the other foot. Then try to beat your record. STOP WATCH FOR TIMING
Level 5-8

1. **Jump to 2:55** and do the workout with the kids. Make it harder; get plastic bags and put something a little heavy into it.

**Week 15**
Level 1-4/5-8

1. Learn about why we **sleep**.
2. How do **humans compare**? How much sleep do you get? How do you compare?

**Week 16**
Level 1-4

1. Read about **eating right**.
Level 5-8*

1. Read about **eating right**.
2. *Today try and estimate how many ounces cheese, meat and grains you eat and compare it to the list in this chapter. Use this sheet (Nutrition) to help you keep track.

**Week 17**
Level 1-4

1. Play the freeze game. Have someone play music. You jump and dance to it until they turn it off. Then freeze. When they turn the music back on, go back to jumping and dancing. Keep going until the song is done.

Level 5-8

1. Build an obstacle course and keep doing it to get faster and faster times.

**Week 18**
Level 1-4/5-8

1. Play **mission nutrition**.

**Week 19**

1. Try this scavenger hunt. Use this **stopwatch** to see how quickly you can find the items listed below:
   1. a pillow
   2. a magazine
   3. a quarter
   4. a broom
   5. a plant

**Week 20**
Level 1-4

1. Scroll down to where it says **Healthy Eating**. Click on the PICTURE.
Level 5-8

1. Make a meal plan and check your plate.

Week 21
Level 1-4/5-8 Year 1

1. We're going to learn some about different sports. Soccer will be first. This week this video will teach you about warming up. You can stop or replay the video and do those different things to get your body going.
2. When you are finished your exercises every day, you can walk around and keep moving a little. It's not good to just stop suddenly. Later I'll give you some stretching exercises you can do at the end of your exercise time.

Level 1-4/5-8 Year 3

1. We're going to learn some about different sports. Football will be first. This week this video will teach you about warming up. You can stop or replay the video and do those different things to get your body going.

Week 22
Year 1

Level 1-4

1. Learn the rules of soccer.
2. Explain the rules of soccer.
3. Watch the video on throwing in the ball after it goes out of bound.
4. Practice if you can.

Level 5-8

1. Try and learn the rules of soccer.
2. Here's a short soccer video to watch. Do you see a corner kick? When does a corner kick happen? (#17)

Year 3

Level 1-4

1. Read the rules of football and explain them to someone.
2. What does the offense do?

Level 5-8

1. If you don't know what a quarterback is, read the rules of football and explain them to someone.
2. If you have the basic idea of how the game works, then read more about the rules, positions and more if you like.

**Week 23**
Level 1-4/5-8

1. Do your warm up then learn to run. Then run!
2. You can do this every day this week.

**Week 24**
Level 1-4/5-8

1. Read about the dangers of alcohol.
2. Write a list of reasons to not drink alcohol. Start with the title: “Reasons not to drink alcohol…” You can give this to a parent to put in your portfolio.

**Week 25**
Level 1-4/5-8

1. Warm up and run if you like. This week we will learn to jump and then jump a lot.
   Warning: Jump on low things that are VERY stable and can’t tip over.
2. You can do this every day.

**Week 26**
Level 1-4/5-8

1. Warm up and stretch first. Then do some jumps. Then practice agility. You’ll have to be creative to make a little drill area.
2. You can do this every day.

**Week 27**
Level 1-4/5-8

1. Warm up first.
2. Then do jumps and agility practice.
3. Then continue your training. Watch the whole video. Practice each move. You should practice running for 5 minutes. You don’t have to have disks, just create a space where you can do things like this.
4. Walk around once you are done.
5. You can do this every day.

**Week 28**
Level 1-4/5-8

1. Do your exercises: warm up, jump, agility, changing directions, and now cool down.
2. You can do this every day.

**Week 29**
Level 1-4
1. Catch the healthy food.

Level 5-8

1. Watch this video on reading labels to eat well.

Week 30

Year 1

Level 1-4

1. You are going to start learning to play another sport, volleyball.
2. Learn about the rules first.
3. You might want to look at the pictures in this to try and learn some of the terminology (vocabulary) of the game.

Level 5-8

1. Look through this guide to the basics of volleyball. Learn some terminology and the basic rules.

Year 3

Level 1-4

1. You are going to learn about another sport, basketball.
2. Learn how to play the game.

Level 5-8

1. Look through this guide to the basics of basketball. Learn some terminology and the basic rules.

Week 31 (jump rope)

Level 1-4/5-8

1. Every day continue to warm up and cool down, but now here are new drills to use to exercise in between.
2. Here are your first two drills.
   • jump rope (pretend if you don’t own one)
   • quick skips
3. Remember, you can do these every day, not just once a week.

Week 32

Level 1-4/5-8

1. Every day continue to warm up before your exercise and cool down when you are finished.
2. Here are your next two drills. You can use your previous drills too.
• line drill
• turning

Week 33
Level 1-4/5-8

1. Every day continue to warm up before your exercise and cool down when you are finished.
2. Here are your next drills. You can use your previous exercises too.
   • jumps

Week 34
Level 1-4/5-8

1. Every day continue to warm up before your exercise and cool down when you are finished.
2. Here are your next two drills. You can use your previous drills too.
   • split the circle
   • balance

Week 35
Level 1-4/5-8

1. Every day continue to warm up before your exercise and cool down when you are finished.
2. Here are your next two drills. You can use your previous drills too.
   • skip and crossover
   • carioca

Week 36
Level 1-4/5-8

1. Every day continue to warm up before your exercise and cool down when you are finished.
2. Here are your next two drills. You can use your previous drills too.
   • ladder drills
3. You don’t have to stop. Decide on an exercise routine with drills from either sport and keep it up every day.