

OPEN[®]

Online Physical Education Network

SKILL-RELATED



FITNESS



PHYSICAL & EMOTIONAL

Physical Education Resources for Grades 3-5



VARSITY  BRANDS

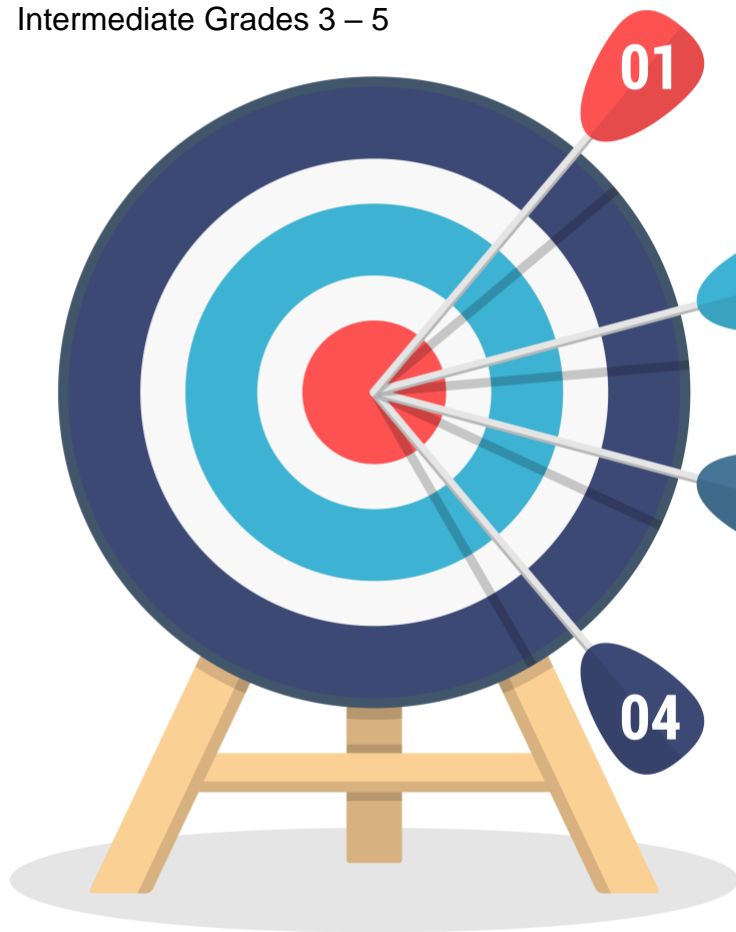
 BSNSPORTS™

 VARSITY
SPIRIT

 HERFF JONES.



Learning Module: **SKILL-RELATED FITNESS**
Intermediate Grades 3 – 5



Healthy Body

I will learn how to move with agility, balance, coordination, power, reaction time, and speed.

Healthy Mind

I will learn about emotional agility, balance, coordination, power, reaction time, and speed.

Enjoyment & Challenge

I will participate in activities that I enjoy.

Building Skills

I will learn how to participate safely in physical education activities with a focus on self-improvement.

Why are we learning this?

Skill-Related Fitness introduces all 6 components of skill-related fitness, while also focusing on social and emotional learning.

It is important because it will teach us:

- how to practice important skills and activities that are also challenging
- how to be aware of and work to improve social and emotional skills
- how to empathize with my classmates as well as my family and friends

SKILL-RELATED FITNESS

Physical Education Checklist

Students and families:

During the next 6 weeks, we will be focused on 6 skill-related fitness components. We will encourage students to embrace practice activities that may be challenging and help them recognize the joys of improving new skills. We will also focus on self-awareness as social and emotional learning targets.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 6-week learning module. If there is a time when you need a copy of our learning materials, visit www.OPENPhysEd.org/penow to download documents and watch video demonstrations of the activities in this module.

Thank you for being physically active every day.

Go Be Great!

Grades 3-5 Physical Education Checklist

CHECK	WEEK 1
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Agility Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 2
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Balance Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 3
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Coordination Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Power Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 5
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Reaction Time Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 6
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the Speed Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).



SKILL-RELATED FITNESS

Weekly Targets

WEEK 1 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will define balance and talk about why it's important for movement.
- I will enjoy being physically active.

SOCIAL AND EMOTIONAL OBJECTIVES:

- I will define emotional balance and talk about mindful breathing as a way to stay emotionally balanced.
- I will talk about things that could make me lose my emotional balance.

WELLNESS OBJECTIVES:

- I will be physically active every day for at least 60 minutes.
- I will complete the physical education activity log.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:

VALUES PHYSICAL ACTIVITY: PERSONAL CHALLENGE

Students recognize the value of physical activity for physical, emotional, and mental health.

- **(3)** Discusses the challenge that comes from learning new physical activities.
- **(4)** Rates the enjoyment of participating in challenging and mastered physical activities.
- **(5)** Expresses the enjoyment and challenge of participating in a favorite physical activity.

Social and Emotional Learning Priority Outcomes:

SOCIAL AWARENESS: SAFETY

- **(Elementary)** Defines emotions and discusses both their causes and impacts on personal behaviors and health.



SKILL-RELATED FITNESS

Weekly Targets

WEEK 2 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will define coordination and talk about why it's important for movement.
- I will enjoy being physically active.

SOCIAL AND EMOTIONAL OBJECTIVES:

- I will define emotional coordination.
- I will talk about what empathy is and why it's important.

WELLNESS OBJECTIVES:

- I will be physically active every day for at least 60 minutes.
- I will complete the physical education activity log.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:

VALUES PHYSICAL ACTIVITY: PERSONAL CHALLENGE

Students recognize the value of physical activity for physical, emotional, and mental health.

- **(3)** Discusses the challenge that comes from learning new physical activities.
- **(4)** Rates the enjoyment of participating in challenging and mastered physical activities.
- **(5)** Expresses the enjoyment and challenge of participating in a favorite physical activity.

Social and Emotional Learning Priority Outcomes:

SOCIAL AWARENESS: SAFETY

- **(Elementary)** Defines emotions and discusses both their causes and impacts on personal behaviors and health.



SKILL-RELATED FITNESS

Weekly Targets

WEEK 3 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will perform balance activities with a focus on improvement.
- I will enjoy being physically active.

SOCIAL AND EMOTIONAL OBJECTIVES:

- I will practice mindful breathing as a way to stay emotionally balanced.
- I will talk about times when mindful breathing will be helpful for keeping emotionally balanced.

WELLNESS OBJECTIVES:

- I will be physically active every day for at least 60 minutes.
- I will complete the physical education activity log.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:

MOVEMENT SKILLS & CONCEPTS: NON-LOCOMOTOR SKILLS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

- **(3)** Combines balance and weight transfers with movement concepts.
- **(4)** Combines traveling with balance and weight transfers.
- **(5)** Combines actions and traveling with movement concepts to create movement sequences.

Social and Emotional Learning Priority Outcomes:

SELF-MANAGEMENT: SAFETY

- **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.



SKILL-RELATED FITNESS

Weekly Targets

WEEK 4 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will perform balloon bop activities with a focus on improving my coordination.
- I will enjoy being physically active.

SOCIAL AND EMOTIONAL OBJECTIVES:

- I will talk about ways to show empathy for others.

WELLNESS OBJECTIVES:

- I will be physically active every day for at least 60 minutes.
- I will complete the physical education activity log.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:

MOVEMENT SKILLS & CONCEPTS: MANIPULATIVE SKILLS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

- **(3)** Demonstrates manipulative skills using mature patterns for control.
- **(4)** Combines locomotor and manipulative skills using mature patterns for accuracy and control in static and dynamic environments.
- **(5)** Executes a variety of manipulative skills with control and accuracy in small-sides games/challenges.

Social and Emotional Learning Priority Outcomes:

SELF-MANAGEMENT: SAFETY

- **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.



SKILL-RELATED FITNESS

Weekly Targets

WEEK 5 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will perform balance activities with a focus on improvement.
- I will enjoy being physically active.

SOCIAL AND EMOTIONAL OBJECTIVES:

- I will practice mindful breathing as a way to stay emotionally balanced.
- I will talk about times when mindful breathing will be helpful for keeping emotionally balanced.

WELLNESS OBJECTIVES:

- I will be physically active every day for at least 60 minutes.
- I will complete the physical education activity log.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:

MOVEMENT SKILLS & CONCEPTS: NON-LOCOMOTOR SKILLS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

- **(3)** Combines balance and weight transfers with movement concepts.
- **(4)** Combines traveling with balance and weight transfers.
- **(5)** Combines actions and traveling with movement concepts to create movement sequences.

Social and Emotional Learning Priority Outcomes:

SOCIAL AWARENESS: SAFETY

- **(Elementary)** Defines emotions and discusses both their causes and impacts on personal behaviors and health.

SELF-MANAGEMENT: SAFETY

- **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.



SKILL-RELATED FITNESS

Weekly Targets

WEEK 6 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will perform balloon bop activities with a focus on improving my coordination.
- I will enjoy being physically active.

SOCIAL AND EMOTIONAL OBJECTIVES:

- I will talk about ways to show empathy for others.

WELLNESS OBJECTIVES:

- I will be physically active every day for at least 60 minutes.
- I will complete the physical education activity log.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:

MOVEMENT SKILLS & CONCEPTS: MANIPULATIVE SKILLS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

- **(3)** Demonstrates manipulative skills using mature patterns for control.
- **(4)** Combines locomotor and manipulative skills using mature patterns for accuracy and control in static and dynamic environments.
- **(5)** Executes a variety of manipulative skills with control and accuracy in small-sides games/challenges.

Social and Emotional Learning Priority Outcomes:

SOCIAL AWARENESS: SAFETY

- **(Elementary)** Defines emotions and discusses both their causes and impacts on personal behaviors and health.

SELF-MANAGEMENT: SAFETY

- **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.



SKILL-RELATED FITNESS

Challenge Activities

Jumping Lucky 6

(Aerobic Capacity Warm-Up)

[YouTube Video Demo](#)

What you need: 1 six-sided dice, 1 jump rope (real or invisible)

Make a circle on the ground with your jump rope.

The object of this game is roll 6 twice in order to end the game.

Each time you roll, jump into and then out of your rope circle the number of times on the die, then roll again. For example, if you roll a 5, jump in and out of the rope 5 times. Count each time your feet land inside the circle.

Continue rolling and jumping until you roll 6 twice. (It doesn't have to be in a row.)



SKILL-RELATED FITNESS

Challenge Activities

Treasure Hunt

(Muscular Endurance Warm-Up)

[YouTube Video Demo](#)

What you need: 6 plastic cups

Scatter 6 cups in the activity space. Mark your home base with this page so you can see the locomotor movement chart below.

Use the locomotor movement chart and perform each movement while you collect the scattered cups.

The object of this activity is to quickly collect all of the cups, one-by-one.

Collect the first cup and return it to your home base. Then quickly move to collect the second cup. Continue until all cups are collected.

Collect Cup 1	Using a Jump
Collect Cup 2	Using a Gallop
Collect Cup 3	Using a Skip
Collect Cup 4	Using a Hop
Collect Cup 5	Using a March
Collect Cup 6	Using a Side Slide



SKILL-RELATED FITNESS

Challenge Activities

Full Body Warm-Up with Rising New York Road Runners

(Flexibility Warm-Up)

[YouTube Video Demo](#)

What you need: The [Full Body Warm-Up video](#) from RNYRR

The object of this activity is to perform each dynamic warm-up activity while following along with the Rising New York Road Runner video.

Ankle Circles

Leg Swings

Side Leg Swings

Trunk Twists

Hip Circles

Arm Scissors

Neck Circles

Shoulder Rolls



SKILL-RELATED FITNESS

Challenge Activities

Dribble Flips

(Basketball or Soccer Dribble)

[YouTube Video Demo](#)

What you need: 6 Cups; 1 basketball, soccer ball, or Spikeball; 1-minute challenge music [[apple](#), [spotify](#)] or a stopwatch

Scatter the cups around your activity area. The object of the game is to see how many times you can flip the cups in 1 minute.

On the start signal, dribble the ball to a cup, stop your dribble, flip the cup upside down (or right-side up), and then dribble to a new cup and repeat. Continue and count the number of cups you flip during the full minute.

Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

How many times did you flip the cups?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice an improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?



SKILL-RELATED FITNESS

Challenge Activities

Challenge Hacker

[YouTube Video Demo](#)

Everything was going along smoothly, and you were making good progress toward your goals. And then, extreme challenges blocked your path and threatened to take away your optimism.

The object of this activity is to regain optimism by unlocking your growth mindset. Unscramble the vocabulary word based on its growth mindset definition and complete the challenge listed to find a path toward optimism.

- **igrt** _ _ _ _ : The combination of passion and perseverance, which allows an individual to continuously develop skill and work toward consistent achievement through a repetitive cycle of purposeful practice and peak performance. [[Do 10 Plank Jacks](#)]
- **trila dan roerr** _ _ _ _ _ _ _ _ _ _ : The process of experimenting with various methods of doing something until one finds the most successful. [[Do 5 Plank Rotations](#)]
- **egquarecmtoenn** _ _ _ _ _ _ _ _ _ _ : Support, confidence, or hope offered by someone or some event. [[Do 5 Plank Knee-Ins](#)]
- **eatnshumsi** _ _ _ _ _ _ _ _ _ _ : An intense feeling of enjoyment and interest that energizes effort. [[Do 10 Plank Arm Raises](#)]
- **otmspiim** _ _ _ _ _ _ _ _ : A feeling of hopefulness and confidence about the future or the success of something. [[Do 5 Up and Down Planks](#)]
- **upsorpt** _ _ _ _ _ _ _ _ : To give help, assistance, and encouragement to someone or something. [[Do 10 Plank Jacks](#)]

WORD BANK

Support Enthusiasm Trial and Error Grit Encouragement Optimism



SKILL-RELATED FITNESS






Challenge Activities

1-Minute Balance Challenge

[YouTube Video Demo](#)

The object of this activity is to perform 5 different balance poses (1 per day) for 1 minute at a time. Try 3 different times per day with the same pose. Each day, after your balance practice, rate your balance in the chart below.

As you balance, focus on your breathing and on finding your center of gravity.

Day #	Balance Pose	Balance Rating 1 = not so good 10 = perfect
DAY 1 CHAIR		1 2 3 4 5 6 7 8 9 10
DAY 2 DOWN DOG		1 2 3 4 5 6 7 8 9 10
DAY 3 OWL		1 2 3 4 5 6 7 8 9 10
DAY 4 TALL MOUNTAIN		1 2 3 4 5 6 7 8 9 10
DAY 5 TREE		1 2 3 4 5 6 7 8 9 10



SKILL-RELATED FITNESS

Challenge Activities

Climbing the Cliff

[YouTube Video Demo](#)

Overcoming obstacles can feel like climbing up a cliff. It can feel like one small mistake will throw off your balance, sending you on a painful fall. Finding balance is the key to reaching the summit of the cliff.

When challenged physically and emotionally, heart rate can tell us how balanced our effort is. The ability to recognize and control our heart rate is a skill that we can master. Pacing and mindful breathing are 2 important heart rate tools we can practice using.

The object of this activity is to complete a series of physical challenges while controlling your heart rate so that it stays in the overall active health zone (100 to 120 BPM). It's okay if bounces into the endurance zone (120 to 140 BPM) immediately after the challenge is complete. You'll then have 1 minute of rest in between challenges to practice high-5 mindful breathing and return your heart rate to the active health zone. Pacing and mindful breathing will be your keys to success.

Challenge 1:

1 minute of jumping jacks

⇒ (1 minute of rest and mindful breathing)

Challenge 2:

1 minute of invisible jump rope

⇒ (1 minute of rest and mindful breathing)

Challenge 3:

1 minute of plank shoulder taps

⇒ (1 minute of rest and mindful breathing)

Challenge 4:

1 minute of burpees

⇒ (1 minute of rest and mindful breathing)

Challenge 5:

1 minute of jumping jacks

⇒ (1 minute of rest and mindful breathing)

Challenge 6:

1 minute of half jacks

(1 minute of rest and mindful breathing)



SKILL-RELATED FITNESS

Challenge Activities

Volley Challenge

[YouTube Video Demo](#)

What you need: 1 balloon (or small, light ball), 1-minute challenge music [[apple](#), [spotify](#)], or a stopwatch

The object of this game is to count the number of successful balloon (or ball) volleys that you can record in 1 minute.

On the start signal, you will tap the balloon into the air. Keep the balloon in the air using underhand volleys (taps). If the balloon hits the ground, pick it up, and continue with your volleys. Count for the full minute. Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

How many volleys (taps) did you score in 1 minute?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice an improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?



SKILL-RELATED FITNESS

Challenge Activities

Odd and Even

[YouTube Video Demo](#)

Everyone needs help at some point. Coordinating support for friends and family can feel like a challenge. However, providing coordinated support for people we care about is a part of building a rewarding life of service, community, and joy.

This is a dice game of odds and evens. Beat the odds and support your friends even when it's a challenge.

The object of the game is to build your support points by finishing hop and jump routines. You get 10 rolls. Record the number that you roll as your points for that round. If you roll an odd number, complete the 1-foot hop routine. If you roll an even number, complete the 2-foot jump routine.

ODD: 1-Foot Hopping Routine

- ⇒ Right, Right, Left, Left
- ⇒ Right, Left, Right, Left
- ⇒ Left, Left, Right, Right
- ⇒ Left, Right, Left Right

EVEN: 2-Foot Jump Routine

- ⇒ Together, Together, Apart, Apart
- ⇒ Together, Apart, Together, Apart
- ⇒ Apart, Apart, Together, Together
- ⇒ Apart, Together, Apart, Together

Roll Number	Points Scored
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
TOTAL	



SKILL-RELATED FITNESS

Challenge Activities

Star Jumper

[YouTube Video Demo](#)

What you need: 6 (or more) plastic cups

The object of this game is to star jump over as many cups as you can.

Start with 1 cup. Stand with the cup in front of you on the floor. Bend your knees to build power and then star jump over the cup to the other side.

Next, stack a cup on top of the cup you just cleared. Jump back over the 2-cup stack.

Continue stacking your cups as high as you can and clearing them with a star jump. Record the number of cups cleared each day for 5 days and track your progress.

How many cups did you jump?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) What exercises can you perform to help increase the power in your legs?
- 2) What do you think will happen to your Star Jumper performance over time if you perform that exercise at least 3 times per week?



SKILL-RELATED FITNESS

Challenge Activities

Power Dice Challenge

[YouTube Video Demo](#)

Emotions are an important part of the human experience. When used efficiently, emotions help us build and sustain energy for positive growth and advancement. Learning how to embrace sadness to fuel our love and compassion for others can help our relationships.

Learning how to harness anger to fuel our determination and grit can help us overcome obstacles and setbacks. Learning how to use joy to spark enthusiasm and optimism can help us build toward both personal and community goals and aspirations.

In the Power Dice Challenge, you will roll a die and then read the corresponding emotional power challenge. The object of the game is to complete all 6 challenges in 5 minutes or less. The clock starts when you start your first roll.

Roll Number	Emotional Power Points Scored
1	Sadness: Work through the sadness by jumping INVISIBLE JUMP ROPE while you count to 30.
2	Joy: Demonstrate your joy by doing 15 STAR JUMPS.
3	Anger: Channel your anger by doing 5 SLOW MOTION PUSH-UPS. (Modify if needed)
4	Enthusiasm: Carry your enthusiasm by RUNNING IN PLACE while you count to 30.
5	Fear: Face your fear by holding a 30-SECOND PLANK.
6	Courage: Turn your courage into action by doing 30 PLANK-JACKS.

Your Challenge Time: _____



SKILL-RELATED FITNESS

Challenge Activities

Walloon Challenge

[YouTube Video Demo](#)

What you need: 1 balloon (or small, light ball), 1 wall, 1-minute challenge music [[apple](#), [spotify](#)] or a stopwatch

The object of this game is to count the number of times that you can successfully volley your balloon (or ball) off of the wall in 1 minute.

On the start signal, you will tap the balloon toward the wall so that it bounces off the wall back to you. Keep your volley going, counting the number of successful volleys (taps).

If the balloon hits the ground, pick it up, and continue with your volleys. Count for the full minute. Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

How many volleys (taps) did you score in 1 minute?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice an improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?



SKILL-RELATED FITNESS

Challenge Activities

Flip Reaction Relay

[YouTube Video Demo](#)

Sometimes life is unpredictable and it's a challenge to react positively and keep emotions balanced and regulated. Mindful breathing is an important strategy for staying focused under pressure. The coin flip reaction relay will help us practice using mindful breathing to regulate our heart rate.

The object is to use 5 equal breaths (5-count inhale and 5-count exhale) to balance and slow our heart rate after intervals of jogging in place. The entire activity will last 4 minutes.

Record your heart rate in Beats Per Minute (BPM) before you begin. Use a heart rate monitor or count heartbeats for 15 seconds and multiply by 4.

Start the relay by flipping a coin. Use a timer/stopwatch to time 4 minutes.

- Heads = jog in place for a 30 count.
- Tails = take 5 equal breaths.

If you flip 2 heads in a row, you'll jog in place for a total of 60 counts. If you flip 2 tails in a row, you'll take 10 equal breaths.

At the end of the 4 minutes, use equal breathing for 1 full minute to lower your heart rate, and regulate your body's response to the exercise. Then record your heart rate below.

Heart rate BEFORE the relay.	Heart rate AFTER the relay.
Trial 1:	
Trial 2:	

Calculate the difference between your BEFORE heart rate and your AFTER.

For example, if your HR BEFORE the relay was 85 BPM and your HR AFTER the relay was 105 BPM, then the difference is 20 BPM. The goal is to have the smallest difference possible.



SKILL-RELATED FITNESS

Challenge Activities

Jump Rope Cup Stacker

[YouTube Video Demo](#)

What you need: 6 Cups; 1 jump rope (visible or invisible); 1-minute challenge music [[apple](#), [spotify](#)] or a stopwatch

Place 3 cups on each end of the activity area approximately 8 to 10 paces apart.

The object of the game is to see how many times you can build or collapse cup towers in 1 minute.

On the start signal (or music), jump rope 3 times, then carry your rope with you to the opposite cups and build a 3-cup tower. Then, jump rope 3 more time before racing to the other side to build another 3-cup tower.

Continue this pattern collapsing and then rebuilding as many times as you can for the full minute. Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

Build and Collapses

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice and improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?



SKILL-RELATED FITNESS

Challenge Activities

4-Minute Toss & Roll Race

[YouTube Video Demo](#)

Speed creates physical momentum just like enthusiasm creates emotional momentum. Your enthusiasm can carry you and the people around you toward success, joy, and an empowering future.

In this activity, you'll work for 4 minutes to build your heart rate into the heart health zone (120 – 180 BPM), and then you'll take 60 seconds to breathe in the success of your work and regulate your heart rate back under 120 BPM.

Space 2 cups 6 to 10 feet apart. On top of 1 cup, there is a die. On top of the other, there is a coin. Start by rolling the die. Add a zero on the end of the number you roll (3 becomes 30) and do that many jump rope reps (real or invisible). Place the die back on the cup.

Next, quickly move to the other cup and flip the coin. If it shows heads, do 25 speed-jacks (super-fast jumping jacks). If it shows tails, do 10 burpees.

Alternate between rolling and flipping for 4 minutes. When the time is up, check your heart rate. Did you make it into the heart health zone?

Next, practice equal breathing for 60 seconds to regulate your heart rate below 120 BPM.

Heart rate at the end of the race.	Heart rate AFTER equal breathing.

Toss & Roll Exercise Guide

Dice Exercise	Coin Exercises
<p>JUMP ROPE REPS # on Die X 10 = Reps</p>	<p>HEADS = 25 Speed-Jacks TAILS = 10 Burpees</p>



*Print this guide and record your progress on paper.
Or, import this document into your school e-learning system
and record progress electronically.*

Student Name

Start Date

INTERMEDIATE GRADES 3-5

SKILL-RELATED FITNESS
OPENPHYSED.ORG

personal student
growth guide



AGILITY



BALANCE



COORDINATION



POWER



SPEED



REACTION TIME

AGILITY . BALANCE . COORDINATION
POWER . REACTION TIME . SPEED

OPEN is a public service of **US Games**

This growth guide is a week-by-week journey designed to help you develop physical and emotional skill-related fitness. Each skill is an essential component of a healthy, active, and optimistic lifestyle.

Created by Nick Kline & Aaron Hart

OPENPhysEd.org

About this Growth Guide

Throughout this learning module, you will use skill-related physical fitness and skill-related emotional fitness to clear a path toward optimism and positivity. However, as usual, there's more than one possible path, and not all roads lead in a positive direction. By completing each of the 6 skill-related challenge badge activities you are choosing an optimistic path.

In every person's journey, challenges build character. How we choose to face challenges oftentimes is the greatest predictor of personal success or disappointment. Use grit, growth mindset, and emotional intelligence to navigate skill-related challenges. Work to improve physically and mentally. Success is a long-game that is built upon lessons learned through trial and error, advancements and setbacks, hard work, and determination.

You can choose a path to optimism, positivity, and success. We believe in you. Go be great.

Using this Growth Guide

Define (Read Definitions)	Read and discuss the definitions of physical and emotional skill-related fitness.
Demonstrate (Warm-Up)	Complete the health-related warm-up activity provided for each week.
Demonstrate (Physical)	Complete the skill-related physical fitness 5 days and track your improvement.
Demonstrate (Emotional)	Complete the skill-related emotional fitness activity at least 1 time during the week.
Share (Physical)	Discuss the week's physical fitness component a friend or family member.
Share (Emotional)	Discuss the week's emotional fitness component a friend or family member.

Table of Contents

Intro 1	About this Growth Guide
Intro 2	Badge Tracker
Week 1:	Agility <i>(Aerobic Warm-Up, Physical Agility, Emotional Agility)</i>
Week 2:	Balance <i>(Muscular Fitness Warm-Up, Physical Balance, Emotional Balance)</i>
Week 3:	Coordination <i>(Flexibility Warm-Up, Physical Coordination, Emotional Coordination)</i>
Week 4:	Power <i>(Muscular Fitness Warm-Up, Physical Power, Emotional Power)</i>
Week 5:	Reaction Time <i>(Aerobic Warm-Up, Physical Reaction Time, Emotional Reaction Time)</i>
Week 6:	Speed <i>(Flexibility Warm-Up, Physical Speed, Emotional Speed)</i>

SKILL-RELATED FITNESS

OPENPHYSED.ORG



Each week of this skill-related learning module, you have the opportunity to earn a Component Badge. To earn a badge, you must complete all 6 of the week's Component Tasks. Record the date that each task has been fully completed in the right column below.

 AGILITY	Define (Read Definitions)	
	Demonstrate (Warm-Up)	
	Demonstrate (Physical)	
	Demonstrate (Emotional)	
	Share (Physical)	
	Share (Emotional)	
 BALANCE	Define (Read Definitions)	
	Demonstrate (Warm-Up)	
	Demonstrate (Physical)	
	Demonstrate (Emotional)	
	Share (Physical)	
	Share (Emotional)	
 COORDINATION	Define (Read Definitions)	
	Demonstrate (Warm-Up)	
	Demonstrate (Physical)	
	Demonstrate (Emotional)	
	Share (Physical)	
	Share (Emotional)	
 POWER	Define (Read Definitions)	
	Demonstrate (Warm-Up)	
	Demonstrate (Physical)	
	Demonstrate (Emotional)	
	Share (Physical)	
	Share (Emotional)	
 REACTION TIME	Define (Read Definitions)	
	Demonstrate (Warm-Up)	
	Demonstrate (Physical)	
	Demonstrate (Emotional)	
	Share (Physical)	
	Share (Emotional)	
 SPEED	Define (Read Definitions)	
	Demonstrate (Warm-Up)	
	Demonstrate (Physical)	
	Demonstrate (Emotional)	
	Share (Physical)	
	Share (Emotional)	

 AGILITY	<p>Physical Agility The ability to change body position and direction quickly and efficiently.</p>
	<p>Emotional Agility The ability to respond positively and optimistically in a variety of social and emotional situations and to regain optimism when negative events occur.</p>

This is AGILITY week! Like every skill, you can develop and improve your agility with practice. That includes both your physical agility and your emotional agility. The way that you move through life matters.

You will have to change directions in order to overcome challenges — that’s okay. How you change direction is the key to ongoing success. Take this week to be mindful of and practice your agility. Complete every challenge and earn your Agility Badge.

Let’s get started with a Health-Related Warm-Up!

Jumping Lucky 6 (Aerobic Capacity Warm-Up) [YouTube Video Demo](#)

What you need: 1 six-sided dice, 1 jump rope (real or invisible)

Make a circle on the ground with your jump rope.

The object of this game is to roll 6 twice in order to end the game.

Each time you roll, jump into and then out of your rope circle the number of times on the die, then roll again. For example, if you roll a 5, jump in and out of the rope 5 times. Count each time your feet land inside the circle.

Continue rolling and jumping until you roll 6 twice. (It doesn’t have to be in a row.)

Quick Question

How is jumping in and out of your rope related to the skill-related fitness component of agility?



Agility

Skill-Related Physical Fitness

Dribble Flips (Basketball or Soccer Dribble) [YouTube Demo](#)

What you need: 6 Cups; 1 basketball, soccer ball, or Spikeball;
1-minute challenge music [[apple](#), [spotify](#)] or a stopwatch

Scatter the cups around your activity area. The object of the game is to see how many times you can flip the cups in 1 minute.

On the start signal, dribble the ball to a cup, stop your dribble, flip the cup upside down (or right-side up), and then dribble to a new cup and repeat. Continue and count the number of cups you flip during the full minute.

Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

How many times did you flip the cups?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice an improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?



Agility

Skill-Related Emotional Fitness

Challenge Hacker [YouTube Demo](#)

Everything was going along smoothly, and you were making good progress toward your goals. And then, extreme challenges blocked your path and threatened to take away your optimism.

The object of this activity is to regain optimism by unlocking your growth mindset. Unscramble the vocabulary word based on its growth mindset definition and complete the challenge listed to find a path toward optimism.

- **igrt** _ _ _ _ : The combination of passion and perseverance, which allows an individual to continuously develop skill and work toward consistent achievement through a repetitive cycle of purposeful practice and peak performance. [\[Do 10 Plank Jacks\]](#)
- **trila dan roerr** _ _ _ _ _ : The process of experimenting with various methods of doing something until one finds the most successful. [\[Do 5 Plank Rotations\]](#)
- **egquarecmtoenn** _ _ _ _ _ : Support, confidence, or hope offered by someone or some event. [\[Do 5 Plank Knee-Ins\]](#)
- **eatnshumsi** _ _ _ _ _ : An intense feeling of enjoyment and interest that energizes effort. [\[Do 10 Plank Arm Raises\]](#)
- **otmspiim** _ _ _ _ _ : A feeling of hopefulness and confidence about the future or the success of something. [\[Do 5 Up and Down Planks\]](#)
- **upsorpt** _ _ _ _ _ : To give help, assistance, and encouragement to someone or something. [\[Do 10 Plank Jacks\]](#)

WORD BANK

Support Enthusiasm Trial and Error Grit Encouragement Optimism

 BALANCE	<p>Physical Balance The ability to adjust the distribution of weight in order to remain upright and/or steady.</p>
	<p>Emotional Balance The ability to stabilize the emotional response to a potentially unstable social and emotional situation.</p>

This is BALANCE week! Balance allows us to move through the world safely and efficiently. It allows us to go places that might otherwise be hard to go and to reach for things that may seem out of reach at first. Are we talking about Physical Balance or Emotional Balance? Actually, we're talking about both.

You can never really know what's around the bends of life — that's okay. Physical and emotional balance can help you be safe and successful along life's winding roads. Take this week to be mindful of and practice balance. Complete every challenge and earn your Balance Badge.

Let's get started with a Health-Related Warm-Up!

Treasure Hunt (Muscular Endurance) [YouTube Demo](#)

What you need: 6 plastic cups

Scatter 6 cups in the activity space. Mark your home base with this page so you can see the locomotor movement chart below.

Use the locomotor movement chart and perform each movement while you collect the scattered cups.

The object of this activity is to quickly collect all of the cups, one-by-one.

Collect the first cup and return it to your home base. Then quickly move to collect the second cup. Continue until all cups are collected.

- | | |
|---------------|--------------------|
| Collect Cup 1 | Using a Jump |
| Collect Cup 2 | Using a Gallop |
| Collect Cup 3 | Using a Skip |
| Collect Cup 4 | Using a Hop |
| Collect Cup 5 | Using a March |
| Collect Cup 6 | Using a Side Slide |

Quick Question

How are locomotor skills related to the skill-related fitness component of balance?








Balance

Skill-Related Physical Fitness

The 1-Minute Balance Challenge [YouTube Demo](#)

The object of this activity is to perform 5 different balance poses (1 per day) for 1 minute at a time. Try 3 different times per day with the same pose. Each day, after your balance practice, rate your balance in the chart below.

As you balance, focus on your breathing and on finding your center of gravity.

Day #	Balance Pose	Balance Rating 1 = not so good 10 = perfect
DAY 1 CHAIR		1 2 3 4 5 6 7 8 9 10
DAY 2 DOWN DOG		1 2 3 4 5 6 7 8 9 10
DAY 3 OWL		1 2 3 4 5 6 7 8 9 10
DAY 4 TALL MOUNTAIN		1 2 3 4 5 6 7 8 9 10
DAY 5 TREE		1 2 3 4 5 6 7 8 9 10



Balance

Skill-Related Emotional Fitness

Climbing the Cliff [YouTube Demo](#)

Overcoming obstacles can feel like climbing up a cliff. It can feel like one small mistake will throw off your balance, sending you on a painful fall. Finding balance is the key to reaching the summit of the cliff.

When challenged physically and emotionally, heart rate can tell us how balanced our effort is. The ability to recognize and control our heart rate is a skill that we can master. Pacing and mindful breathing are 2 important heart rate tools we can practice using.

The object of this activity is to complete a series of physical challenges while controlling your heart rate so that it stays in the overall active health zone (100 to 120 BPM). It's okay if bounces into the endurance zone (120 to 140 BPM) immediately after the challenge is complete. You'll then have 1 minute of rest in between challenges to practice high-5 mindful breathing and return your heart rate to the active health zone. Pacing and mindful breathing will be your keys to success.

Challenge 1:

1 minute of jumping jacks

⇒ (1 minute of rest and mindful breathing)

Challenge 2:

1 minute of invisible jump rope

⇒ (1 minute of rest and mindful breathing)

Challenge 3:

1 minute of plank shoulder taps

⇒ (1 minute of rest and mindful breathing)

Challenge 4:

1 minute of burpees

⇒ (1 minute of rest and mindful breathing)

Challenge 5:


1 minute of jumping jacks

⇒ (1 minute of rest and mindful breathing)

Challenge 6:

1 minute of half jacks

⇒ (1 minute of rest and mindful breathing)

 <p>COORDINATION</p>	Physical Coordination The ability to combine movements of several parts for a focused purpose or task.
	Emotional Coordination The ability to empathize with others and respond appropriately and productively to provide social and emotional support.

This is COORDINATION week! Yes, you can develop and improve your coordination with practice. It's important to be able to combine our movements for a focused purpose and it's equally important to be able to coordinate our emotions with the feelings of others in order to provide support.

Just like different parts of our body work together to get tasks done. People have to be able to work together to achieve common goals. Coordination is the key.

Let's get started with a Health-Related Warm-Up!

Full Body Warm Up with Rising NYRR (Flexibility) [Vimeo Demo](#)

What you need: The [Full Body Warm Up Video](#) from Rising New York Road Runners

The object of this activity is to perform each dynamic warm-up activity while following along with the Rising New York Road Runner video.

Ankle Circles

Leg Swings

Side Leg Swings

Trunk Twists

Hip Circles

Arm Scissors

Neck Circles

Shoulder Rolls

Quick Question

How are these dynamic stretching exercises related to the skill-related fitness component of Coordination?



Coordination

Skill-Related Physical Fitness

Volley Challenge [YouTube Demo](#)

What you need: 1 balloon (or small, light ball), 1-minute challenge music [[apple](#), [spotify](#)], or a stopwatch

The object of this game is to count the number of successful balloon (or ball) volleys that you can record in 1 minute.

On the start signal, you will tap the balloon into the air. Keep the balloon in the air using underhand volleys (taps). If the balloon hits the ground, pick it up, and continue with your volleys. Count for the full minute. Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

How many volleys (taps) did you score in 1 minute?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice an improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?



Coordination

Skill-Related Emotional Fitness

Odd and Even [YouTube Demo](#)

Everyone needs help at some point. Coordinating support for friends and family can feel like a challenge. However, providing coordinated support for people we care about is a part of building a rewarding life of service, community, and joy.

This is a dice game of odds and evens. Beat the odds and support your friends even when it's a challenge.

The object of the game is to build your support points by finishing hop and jump routines. You get 10 rolls. Record the number that you roll as your points for that round. If you roll an odd number, complete the 1-foot hop routine. If you roll an even number, complete the 2-foot jump routine.


ODD: 1-Foot Hopping Routine

- ⇒ Right, Right, Left, Left
- ⇒ Right, Left, Right, Left
- ⇒ Left, Left, Right, Right
- ⇒ Left, Right, Left Right

Even: 2-Foot Jump Routine

- ⇒ Together, Together, Apart, Apart
- ⇒ Together, Apart, Together, Apart
- ⇒ Apart, Apart, Together, Together
- ⇒ Apart, Together, Apart, Together

Roll Number	Points Scored
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
TOTAL	

 <p>POWER</p>	Physical Power The ability to quickly produce maximum force.
	Emotional Power The ability to apply the energy created from an emotional response (e.g., anger, sadness, frustration) in a positive and constructive way.

This is POWER week! Most people associate power with pure strength, but your focus on good form and efficient movement can have a big impact on the power you can generate. The same holds true with our emotional power. Self-awareness and an understanding of different emotions will help you channel your energy and increase your emotional power.

Life's challenges will require us to do some heavy lifting. Body awareness and a focus on form will help you improve your physical power. Emotional awareness and a focus on attitude choices will help you improve your emotional power. You are powerful.

Let's get started with a Health-Related Warm-Up!

Jumping Lucky 6 (Aerobic Capacity Warm-Up) [YouTube Video Demo](#)

What you need: 1 six-sided dice, 1 jump rope (real or invisible)

Make a circle on the ground with your jump rope.

The object of this game is to roll 6 twice in order to end the game.

Each time you roll, jump into and then out of your rope circle the number of times on the die, then roll again. For example, if you roll a 5, jump in and out of the rope 5 times. Count each time your feet land inside the circle.

Continue rolling and jumping until you roll 6 twice. (It doesn't have to be in a row.)

Quick Question

What type of jumping is related to the skill-related fitness component of power?



Power

Skill-Related Physical Fitness

Star Jumper [YouTube Demo](#)

The object of this game is to star jump over as many cups as you can.

Start with 1 cup. Stand with the cup in front of you on the floor. Bend your knees to build power and then star jump over the cup to the other side.

Next, stack a cup on top of the cup you just cleared. Jump back over the 2-cup stack.

Continue stacking your cups as high as you can and clearing them with a star jump. Record the number of cups cleared each day for 5 days and track your progress.

How many cups did you jump?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) What exercises can you perform to help increase the power in your legs?
- 2) What do you think will happen to your Star Jumper performance over time if you perform that exercise at least 3 times per week?



Power

Skill-Related Emotional Fitness

Power Dice Challenge [YouTube Demo](#)

Emotions are an important part of the human experience. When used efficiently, emotions help us build and sustain energy for positive growth and advancement. Learning how to embrace sadness to fuel our love and compassion for others can help our relationships. Learning how to harness anger to fuel our determination and grit can help us overcome obstacles and setbacks. Learning how to use joy to spark enthusiasm and optimism can help us build toward both personal and community goals and aspirations.

In the Power Dice Challenge, you will roll a die and then read the corresponding emotional power challenge. The object of the game is to complete all 6 challenges in 5 minutes or less. The clock starts when you start your first roll.

Roll Number	Emotional Power Points Scored
1	Sadness: Work through the sadness by jumping INVISIBLE JUMP ROPE while you count to 30.
2	Joy: Demonstrate your joy by doing 15 STAR JUMPS.
3	Anger: Channel your anger by doing 5 SLOW MOTION PUSH-UPS. (Modify if needed)
4	Enthusiasm: Carry your enthusiasm by RUNNING IN PLACE while you count to 30.
5	Fear: Face your fear by holding a 30-SECOND PLANK.
6	Courage: Turn your courage into action by doing 30 PLANK-JACKS.

Your Challenge Time: _____

 REACTION TIME	<p>Physical Reaction Time The ability to quickly and effectively respond to a stimulus through purposeful movement.</p>
	<p>Emotional Reaction Time The ability to quickly regulate an emotional response when faced with a variety of immediate social and emotional challenges.</p>

This is REACTION TIME week! As we move and navigate the world in front of us, challenges and obstacles will jump out at us, and reaction time helps us move safely around and over those obstacles.

Emotional reaction time works in the same way that physical reaction time does. We're moving smoothly along, some sort of stress jumps out at us, we quickly regulate our emotions back to positive optimism in order to make the best of the situation.

Let's get started with a Health-Related Warm-Up!

Treasure Hunt (Muscular Endurance) [YouTube Demo](#)

What you need: 6 plastic cups

Scatter 6 cups in the activity space. Mark your home base with this page so you can see the locomotor movement chart below.

Use the locomotor movement chart and perform each movement while you collect the scattered cups.

The object of this activity is to quickly collect all of the cups, one-by-one.

Collect the first cup and return it to your home base. Then quickly move to collect the second cup. Continue until all cups are collected.

- | | |
|---------------|--------------------|
| Collect Cup 1 | Using a Jump |
| Collect Cup 2 | Using a Gallop |
| Collect Cup 3 | Using a Skip |
| Collect Cup 4 | Using a Hop |
| Collect Cup 5 | Using a March |
| Collect Cup 6 | Using a Side Slide |

Quick Question

How can your reaction time affect the way that you move your body through space?



Reaction Time

Skill-Related Physical Fitness

Walloon Challenge [YouTube Demo](#)

What you need: 1 balloon (or small, light ball), 1 wall, 1-minute challenge music [[apple](#), [spotify](#)] or a stopwatch

The object of this game is to count the number of times that you can successfully volley your balloon (or ball) off of the wall in 1 minute.

On the start signal, you will tap the balloon toward the wall so that it bounces off the wall back to you. Keep your volley going, counting the number of successful volleys (taps).

If the balloon hits the ground, pick it up, and continue with your volleys. Count for the full minute. Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

How many volleys (taps) did you score in 1 minute?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice an improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?



Reaction Time

Skill-Related Emotional Fitness

Flip Reaction Relay [YouTube Demo](#)

Sometimes life is unpredictable and it's a challenge to react positively and keep emotions balanced and regulated. Mindful breathing is an important strategy for staying focused under pressure. The coin flip reaction relay will help us practice using mindful breathing to regulate our heart rate.

The object is to use 5 equal breaths (5-count inhale and 5-count exhale) to balance and slow our heart rate after intervals of jogging in place. The entire activity will last 4 minutes.

Record your heart rate in Beats Per Minute (BPM) before you begin. Use a heart rate monitor or count heartbeats for 15 seconds and multiply by 4.

Start the relay by flipping a coin. Use a timer/stopwatch to time 4 minutes.

- Heads = jog in place for a 30 count.
- Tails = take 5 equal breaths.


If you flip 2 heads in a row, you'll jog in place for a total of 60 counts. If you flip 2 tails in a row, you'll take 10 equal breaths.

At the end of the 4 minutes, use equal breathing for 1 full minute to lower your heart rate, and regulate your body's response to the exercise. Then record your heart rate below.

Heart rate BEFORE the relay.	Heart rate AFTER the relay.
Trial 1:	
Trial 2:	

Calculate the difference between your BEFORE heart rate and your AFTER.

For example, if your HR BEFORE the relay was 85 BPM and your HR AFTER the relay was 105 BPM, then the difference is 20 BPM. The goal is to have the smallest difference possible.

 <p>SPEED</p>	Physical Speed The ability to move the body quickly from one point to another.
	Emotional Speed The ability to use personal enthusiasm to improve the emotional state of others.

This is SPEED week! It's nice to allow our speed to kick in when we need it. And yes, you guessed it, how you move can improve your speed. Your form can always be improved and so your speed can also be improved.

Emotional speed is also a matter of focus. It is a personal choice to move with enthusiasm. In fact, your choice to be enthusiastic will help others make that same positive choice. Enthusiasm is also a key ingredient to goal setting and achievement. Reaching goals isn't always fast, but the process is almost always made faster and easier with regular boosts of enthusiasm.

Let's get started with a Health-Related Warm-Up!

Full Body Warm Up with Rising NYRR (Flexibility) [Vimeo Demo](#)

What you need: The [Full Body Warm Up Video](#) from Rising New York Road Runners

The object of this activity is to perform each dynamic warm-up activity while following along with the Rising New York Road Runner video.

- Ankle Circles
- Leg Swings
- Side Leg Swings
- Trunk Twists
- Hip Circles
- Arm Scissors
- Neck Circles
- Shoulder Rolls

Quick Question

How does a proper dynamic warm-up affect your speed?



Speed

Skill-Related Physical Fitness

Jump Rope Cup Stacker [YouTube Demo](#)

What you need: 6 Cups; 1 jump rope (visible or invisible); 1-minute challenge music [[apple](#), [spotify](#)] or a stopwatch

Place 3 cups on each end of the activity area approximately 8 to 10 paces apart.

The object of the game is to see how many times you can build or collapse cup towers in 1 minute.

On the start signal (or music), jump rope 3 times, then carry your rope with you to the opposite cups and build a 3-cup tower. Then, jump rope 3 more time before racing to the other side to build another 3-cup tower.

Continue this pattern collapsing and then rebuilding as many times as you can for the full minute. Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

Build and Collapses

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice an improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?



Speed

Skill-Related Emotional Fitness

4-Minute Toss & Roll Race [YouTube Demo](#)

Speed creates physical momentum just like enthusiasm creates emotional momentum. Your enthusiasm can carry you and the people around you toward success, joy, and an empowering future.

In this activity, you'll work for 4 minutes to build your heart rate into the heart health zone (120 – 180 BPM), and then you'll take 60 seconds to breathe in the success of your work and regulate your heart rate back under 120 BPM.

Space 2 cups 6 to 10 feet apart. On top of 1 cup, there is a die. On top of the other, there is a coin. Start by rolling the die. Add a zero on the end of the number you roll (3 becomes 30) and do that many jump rope reps (real or invisible). Place the die back on the cup.

Next, quickly move to the other cup and flip the coin. If it shows heads, do 25 speed-jacks (super-fast jumping jacks). If it shows tails, do 10 burpees.

Alternate between rolling and flipping for 4 minutes. When the time is up, check your heart rate. Did you make it into the heart health zone?

Next, practice equal breathing for 60 seconds to regulate your heart rate below 120 BPM.

Heart rate at the end of the race.	Heart rate AFTER equal breathing.

Toss & Roll Exercise Guide

Dice Exercise	Coin Exercises
JUMP ROPE REPS # on Die X 10 = Reps	HEADS = 25 Speed-Jacks TAILS = 10 Burpees

SKILL-RELATED FITNESS

Physical Education Vocab

Important words for us to understand and use.

EMOTIONAL AGILITY: The ability to respond positively and optimistically in a variety of social and emotional situations and to regain optimism when negative events occur.

Senderi demonstrated emotional agility by being optimistic after breaking an arm.

EMOTIONAL BALANCE: The ability to keep emotions under control in unsteady social & emotional situations.

On the first day of class, Juan used High-5 breathing to help him stay relaxed.

EMOTIONAL COORDINATION: The ability to understand what another person is feeling and act in a way that's helpful and supportive.

Mr. Johnson demonstrated emotional coordination when he helped Jonah feel better after his fish died.

EMOTIONAL POWER: The ability to apply the energy created from an emotional response (e.g., anger, sadness, frustration) in a positive and constructive way.

Sasha demonstrated emotional power by using her frustration from last night's losing match to help her really focus in practice today.

EMOTIONAL REACTION TIME: The ability to quickly regulate an emotional response when faced with a variety of immediate social and emotional challenges.

Jon's emotional reaction time allowed him to calm his nerves after all of the people in the bleachers started to boo.



SKILL-RELATED FITNESS

Physical Education Vocab

EMOTIONAL SPEED: The ability to use personal enthusiasm to improve the emotional state of others.

Izzi's emotional speed helped her carry enthusiasm to her friends and family members.

ENJOY: To have a fun time.

We enjoy playing balance and activity games in physical education class.

HEALTH: Free from sickness & injury. Physical, mental, and social well-being.

Physical activity and nutritious foods help to protect our health.

IMPROVE: To become better.

Finn worked to improve his coordination so he could easily do perfect jumping jacks.

MOTIVATION: A reason to do something. The desire to reach a goal.

Olaf's motivation for staying active with his family was the enjoyment he received from the fun they had together.

PHYSICAL AGILITY: The ability to change body position and direction quickly and efficiently.

Running the 100-meter hurdles is a great demonstration of agility.

PHYSICAL BALANCE: The ability to adjust your body's weight in order to remain upright and/or steady.

Walking a tightrope is an extreme example of balance.



SKILL-RELATED FITNESS

Physical Education Vocab

PHYSICAL COORDINATION: The ability to move different parts of the body together for a purpose or task.

Juggling is an example of physical coordination.

PHYSICAL POWER: The ability to quickly produce maximum force.

Long jump and high jump require an athlete's legs to create power.

PHYSICAL REACTION TIME: The ability to quickly and effectively respond to a stimulus through purposeful movement.

Hitting a pitched baseball is one of the most extreme examples of reaction time found in sports.

PHYSICAL SPEED: The ability to move the body quickly from one point to another.

Bennie was able to run faster than anyone on the team because he had spent time learning and practicing how to improve his speed.

RESPECT: A feeling of honor for the feelings and rights of others.

We respect the health of our classmates, so we wear our masks while we're together.



BALANCE & COORDINATION

DISCUSSION QUESTIONS

Skill-Related Fitness & Personal Health

Question Set 1

- 1) What would you include on a list about physical agility?
- 2) How does agility affect the way that you move and play?
- 3) What are some ways that you can work to improve your agility?

Question Set 2

- 1) What do you know about physical balance?
- 2) When do you use balance?
- 3) How does balance help you do everyday activities and jobs?

Question Set 3

- 1) How would you describe coordination?
- 2) What are examples of activities that require coordination?
- 3) What are some ways that you can work to improve your coordination?

Question Set 4

- 1) What would you include on a list about physical power?
- 2) How do you demonstrate physical power?
- 3) What are some ways that you can work to improve your power?

Question Set 5

- 1) What do you know about reaction time?
- 2) When do you use reaction time?
- 3) How does reaction time help you in everyday activities and movements?

Question Set 6

- 1) What would you include on a list about physical speed?
- 2) How does speed affect the way that you move and play?
- 3) What are some ways that you can work to improve your speed?



BALANCE & COORDINATION

DISCUSSION QUESTIONS

Social & Emotional Health

Question Set 1

- 1) How would you describe emotional agility?
- 2) What does emotional agility look like in social settings?
- 3) How is emotional agility related to your behavior?

Question Set 2

- 1) What is emotional balance?
- 2) How does emotional balance affect your behavior?
- 3) How can you work to improve your emotional balance?

Question Set 3

- 1) What is emotional coordination?
- 2) How does emotional coordination affect the way that you treat other people?
- 3) How is emotional coordination helpful in building friendships?

Question Set 4

- 1) How would you describe emotional power?
- 2) What does emotional power look like in a goal-setting situation?
- 3) How is emotional power related to your behavior?

Question Set 5

- 1) What is emotional reaction time?
- 2) How does emotional reaction time affect your behavior?
- 3) How can you work to improve your emotional reaction time?

Question Set 6

- 1) What is speed?
- 2) How does emotional speed affect the way that you work toward your personal goals?
- 3) How is emotional speed helpful in building relationships?



SKILL-RELATED FITNESS

Weekly Activity Log

Name:

Class:

Date:

WEEK 1: Use this activity log to track your physical activity minutes.
Have an adult sign their initials next to each day that you complete 60 minutes.

Great Goal: Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had
TONS OF FUN



Circle if you had
SOME FUN



Circle if you had
SO-SO FUN



SKILL-RELATED FITNESS

Weekly Activity Log

Name: _____

Class: _____

Date: _____

WEEK 2: Use this activity log to track your physical activity minutes.
Have an adult sign their initials next to each day that you complete 60 minutes.

Great Goal: Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had
TONS OF FUN



Circle if you had
SOME FUN



Circle if you had
SO-SO FUN



SKILL-RELATED FITNESS

Weekly Activity Log

Name: _____

Class: _____

Date: _____

WEEK 3: Use this activity log to track your physical activity minutes.
Have an adult sign their initials next to each day that you complete 60 minutes.

Great Goal: Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had
TONS OF FUN



Circle if you had
SOME FUN



Circle if you had
SO-SO FUN



SKILL-RELATED FITNESS

Weekly Activity Log

Name: _____

Class: _____

Date: _____

WEEK 4: Use this activity log to track your physical activity minutes.
Have an adult sign their initials next to each day that you complete 60 minutes.

Great Goal: Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had
TONS OF FUN



Circle if you had
SOME FUN



Circle if you had
SO-SO FUN



PHYSICAL & EMOTIONAL

OPENPHYSED.ORG

SKILL-RELATED FITNESS

Weekly Activity Log

Name: _____

Class: _____

Date: _____

WEEK 5: Use this activity log to track your physical activity minutes.
Have an adult sign their initials next to each day that you complete 60 minutes.

Great Goal: Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had
TONS OF FUN



Circle if you had
SOME FUN



Circle if you had
SO-SO FUN



PHYSICAL & EMOTIONAL

OPENPHYSED.ORG

SKILL-RELATED FITNESS

Weekly Activity Log

Name: _____

Class: _____

Date: _____

WEEK 6: Use this activity log to track your physical activity minutes.
Have an adult sign their initials next to each day that you complete 60 minutes.

Great Goal: Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had
TONS OF FUN



Circle if you had
SOME FUN



Circle if you had
SO-SO FUN



SKILL-RELATED FITNESS

Universal Design for Learning

Universal Design for Learning (UDL) is a strategy for eliminating instructional and environmental barriers for every member of a learning community in order to meet the needs of all students across the continuum of physical, intellectual, and emotional abilities.

The table below offers UDL adaptations and suggestions.

Equipment	Rules	Environment	Instruction
<ul style="list-style-type: none"> Use objects that can visually demonstrate balance and that students can work with to learn about weight distribution. Use large, brightly colored organizational markers to help students maintain safe distances from their peers. Use different colored cones or spots to identify a home base for each student. Use spot markers to create movement or travel routes. 	<ul style="list-style-type: none"> Change rules to reflect equity of skill acquisition, mobility, and fitness level. Vary movement expectations to increase equity. For example, allow different locomotor movements or the use of assistive equipment. Adapt body positioning to student needs. For example, modify balance poses for sitting, lying, or prone positions. 	<ul style="list-style-type: none"> Visually mark/define space in the activity area with visual markers like cones, spot markers, visual signs/cues. Adjust lighting (e.g., brighter or lighter). Visual pathways for travel using spot markers, floor markings, wall markings, and other visual cues. 	<ul style="list-style-type: none"> Be flexible. Adjust as needed. One size doesn't fit all. Establish consistent, predictable routines. Be concise. Speak slowly & clearly with a well-defined beginning & end. Give 1-step vs multiple-step directions. Provide time for students to process instruction. Give choice to motivate students. Provide multiple forms of prompts and cues — kinesthetic, visual, and auditory.

When UDL adaptations are not enough for accessing and developing equitable learning activities and assessments, and you feel that you need to do more for individual students, reach out to providers on the students' IEP Teams. You can also reach out to your school's curriculum resource department in order to see how else you can modify instructional delivery to meet students' needs. Students who have an IEP or a 504 will oftentimes have specific modifications and accommodations in their IEP based on individual needs.

