

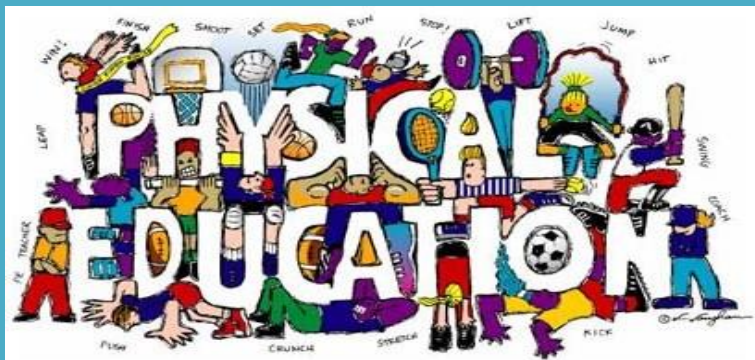
PHYSICAL EDUCATION

CEIP DIONISIO RIDRUEJO

YÉSICA MÉNDEZ (PE teacher)

FITNESS CHALLENGES

MAY, 11-17



INDOOR

DANCE CHALLENGE



LET'S DANCE!

The challenge is to dance like the ones in the video.

Disney Dance Challenge

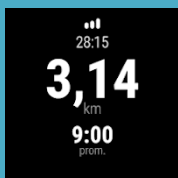
<https://www.youtube.com/watch?v=mUSgKSgS4-E>

KIDZ BOP Kids - Happy

<https://www.youtube.com/watch?v=wAXXI5YobrM>

OUTDOOR

WALKING CHALLENGE



LET'S MEASURE WHAT WE WALK!

The challenge is that, every day we go out, we walk a little more than the day before.

If you don't have a wristwatch that measures the distance you walk, you can use one of these free apps, with your parents' permission:

- Google Maps

<https://www.google.es/maps>

- Endomondo

<http://www.endomondo.com/download>

- Runtastic

<Http://runtastic.com/>

INDOOR

KNOWLEDGE CHALLENGE



LET'S SEE HOW MUCH YOU KNOW about Physical Education concepts!

+ [EN BUSCA DEL HUESO PERDIDO](#)

<http://recursostic.educacion.es/primaria/ludos/web/c/00/index.html>

(Dos clicks: habilitar ADOBE y permitir FLASH.)

OUTDOOR TP CHALLENGES



LET'S PRACTICE!

The challenge is to have completed all four TOILET PAPER challenges by the end of the week.

Challenge 1: KNEE DOUBLE KICK

<https://youtu.be/pGdr4a5Nghw>

Challenge 2: FROG STAND

<https://youtu.be/bd94xncwK6k>

Challenge 3: CAP CATCHING

<https://www.youtube.com/watch?v=l1eCAnm0XoY>

Challenge 4: TOILET PAPER ON BACK STANDING

<https://www.youtube.com/watch?v=yTRYkSR3V0k>

INDOOR INTERACTIVE GAME CHALLENGE



LET'S PLAY!

1- The challenge is to get as many challenges as possible.

<https://drive.google.com/open?id=1iKAK04bipIFsYFH-V-0eTdOc3wZZZ1H4>

OUTDOOR YOGA CHALLENGE



LET'S DO YOGA POSES!

AFRICAN ANIMAL yoga

<https://drive.google.com/open?id=100tFIfqV8SWc7Wry5mv9ZJf9AtraSj3A>

INDOOR PE MATERIAL CONSTRUCTION CHALLENGE



LET'S MAKE A PING PONG RACKET

https://www.youtube.com/watch?v=zbB4rgNTHsQ&feature=youtu.be&fbclid=IwAR1sTz6f4cyzCyskBoYfM0KTC_RkGXMCmH3k76orY-c7D30YWU_xcf657Yc



LET'S MOVE WITH A FAMOUS ATHLETE

<https://www.rtve.es/infantil/serie/educlan-9-10-anos/video/educacion-fisica-movemos-maverick-vinales-motociclismo/5566205/>

HEALTHY EATING AND HYGIENE HABITS

Arma tu plato con las porciones adecuadas.

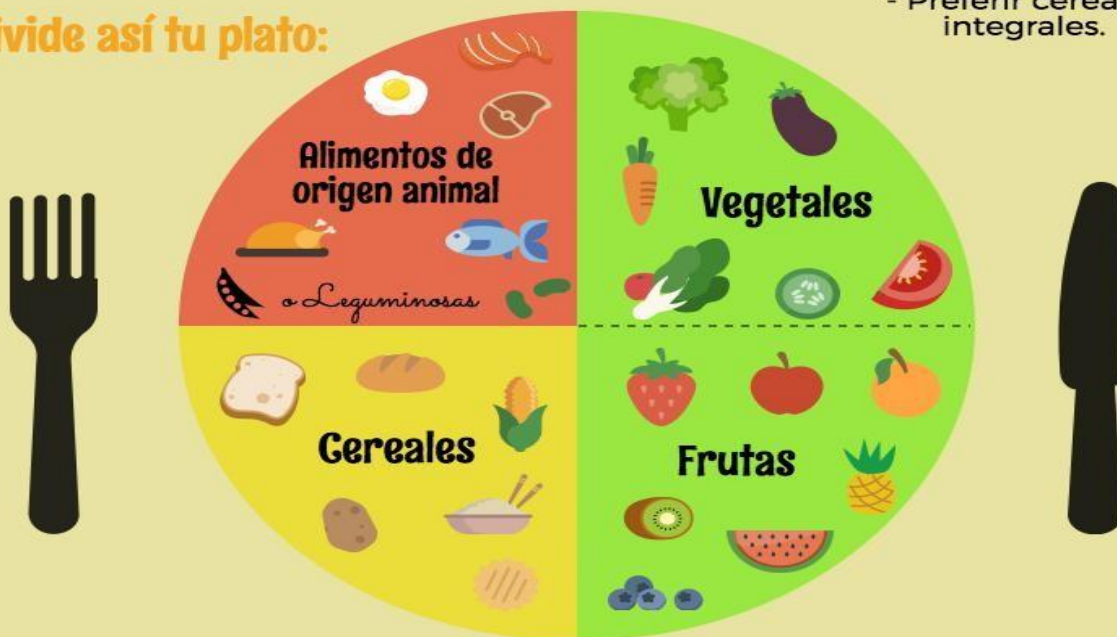
INCLUYE AL MENOS 1 PORCIÓN DE CADA GRUPO DE ALIMENTOS EN LAS COMIDAS PRINCIPALES DEL DÍA.



***RECUERDA QUE DEBES:**

- Consumir 3 porciones de verdura y 2 de fruta.
- Elegir proteínas magras.
- Preferir cereales integrales.

Divide así tu plato:



¡MEJORA TUS HÁBITOS!

Bebe agua o bebidas endulzadas con sustitutos de azúcar.



Realiza actividad física diariamente.



Modera tus porciones de comida.

