

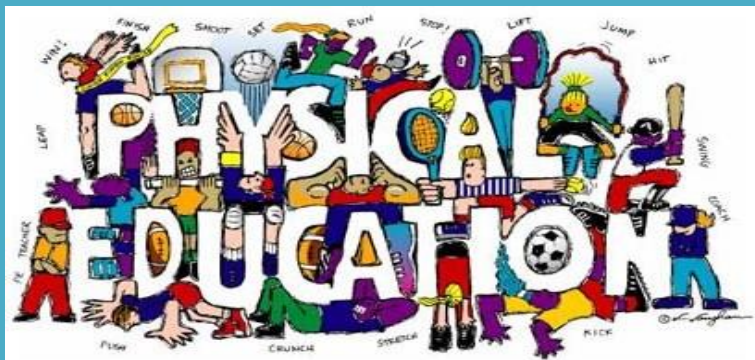
PHYSICAL EDUCATION

CEIP DIONISIO RIDRUEJO

YÉSICA MÉNDEZ (PE teacher)

FITNESS CHALLENGES

JUNE, 01-07



INDOOR

DANCE CHALLENGE



LET'S DANCE!

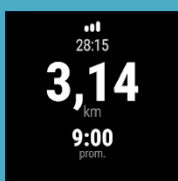
The challenge is to dance like the ones in the video.

FORTNITE DANCE CHALLENGE with Gummy Bear and Friends - Gummibär The Gummy Bear Song

<https://www.youtube.com/watch?v=54zfJ9PGC88>

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!

+ [NO PIERDAS EL NORTE](#)

<http://recursostic.educacion.es/primaria/ludos/web/c/04/index.html>

(Dos clicks: habilitar ADOBE y permitir FLASH.)

OUTDOOR TP CHALLENGES



INDOOR INTERACTIVE GAME CHALLENGE



OUTDOOR YOGA CHALLENGE



INDOOR PE MATERIAL CONSTRUCTION CHALLENGE



LET'S PRACTICE!

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

Challenge 1: VISUAL COORDINATION

<https://www.youtube.com/watch?v=7nNDx5s4N-8>

Challenge 2: GET UP WITH NO HAND

<https://www.youtube.com/watch?v=d42rMrPrS8k>

Challenge 3: SHOULDER CAPTURE

<https://www.youtube.com/watch?v=JAFkRGG9lqM>

Challenge 4: KNEE COORDINATION

https://www.youtube.com/watch?v=4pcwHqr_fcg

LET'S PLAY!

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

 [JUEGO DE LA OCA 3](#)

<https://drive.google.com/open?id=1bjY9XaNztkTm6XFCgtvWYAiHUb2qcG8i>

LET'S DO YOGA POSES!

DESERT yoga STORY

<https://drive.google.com/open?id=1wc7j9x3T4GwFZl3McROz1vID-NEYF-td>

LET'S MAKE A STOMP CANNON

<https://www.youtube.com/watch?v=J0HWxadkGhM>

EXTRA CHALLENGE



LET'S MOVE WITH A FAMOUS ATHLETE

<https://www.rtve.es/infantil/serie/educan-9-10-anos/video/educacion-fisica-movemos-paula-ramirez-natacion-sincronizada/5566439/>

HEALTHY EATING AND HYGIENE HABITS

