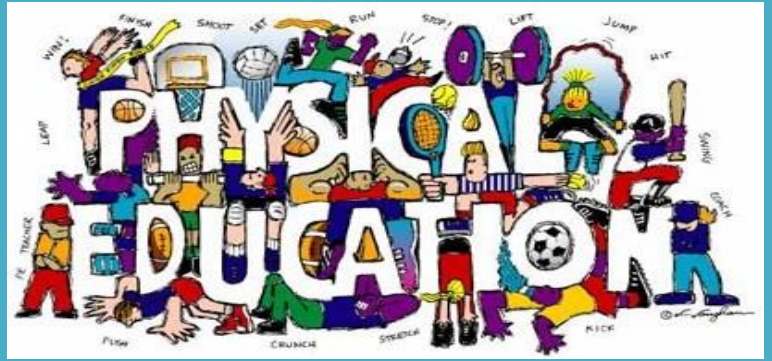


PHYSICAL EDUCATION

CEIP DIONISIO RIDRUEJO

YÉSICA MÉNDEZ (PE teacher)

FITNESS CHALLENGES MAY, 18-24



INDOOR DANCE CHALLENGE



LET'S DANCE!

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

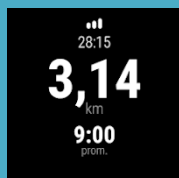
Disney Dance Challenge 2

<https://www.youtube.com/watch?v=-5QznT9dbjE>

KIDZ BOP Kids - Can't Stop The Feeling!

<https://www.youtube.com/watch?v=HzcTN4YyHZs>

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>

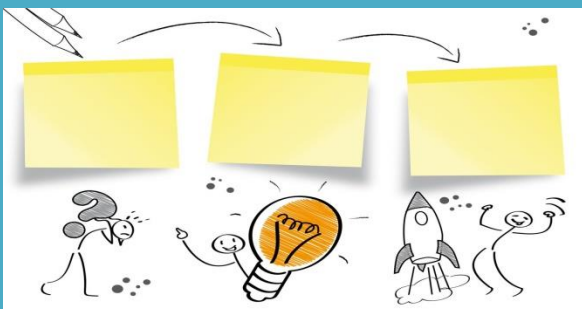
- Endomondo

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

- Runtastic

<Http://runtastic.com/>

INDOOR KNOWLEDGE CHALLENGE



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

 [MOVIENDO LA VIDA](http://recursostic.educacion.es/primaria/ludos/web/c/01/index.html)

<http://recursostic.educacion.es/primaria/ludos/web/c/01/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: JUGGLING (3 toilet papers)

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

Challenge 2: BUILDING A TOWER

<https://www.youtube.com/watch?v=4zO7yl14e5Q>

Challenge 3: STRAWBERRY EATING

<https://www.youtube.com/watch?v=lUby9om18XU>

Challenge 4: ROULETTE, KICK AND CATCH!

<https://www.youtube.com/watch?v=dDWxHS1caFA>

LET'S PLAY!

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

✚ [JUEGO DE LA OCA SÚPER HÉROES](https://www.genial.ly/5e9d6482dfd740d9d7a142c/game-juego-motriz-superheroes)

<https://view.genial.ly/5e9d6482dfd740d9d7a142c/game-juego-motriz-superheroes>

LET'S DO YOGA POSES!

ARCTIC yoga

https://drive.google.com/open?id=11D9h7wUjMJ6smR_glu_p0PWB1XC8AqHUd

LET'S MAKE A BASKETBALL BASKET

https://www.youtube.com/watch?time_continue=5&v=s1H3st-TAG4&feature=emb_logo

EXTRA CHALLENGE



LET'S MOVE WITH A FAMOUS ATHLETE

<https://www.rtve.es/infantil/serie/educlan-9-10-anos/video/educacion-fisica-movemos-silvia-dominguez-baloncesto/5560563/>

HEALTHY EATING AND HYGIENE HABITS

Good Habits for Kids

