

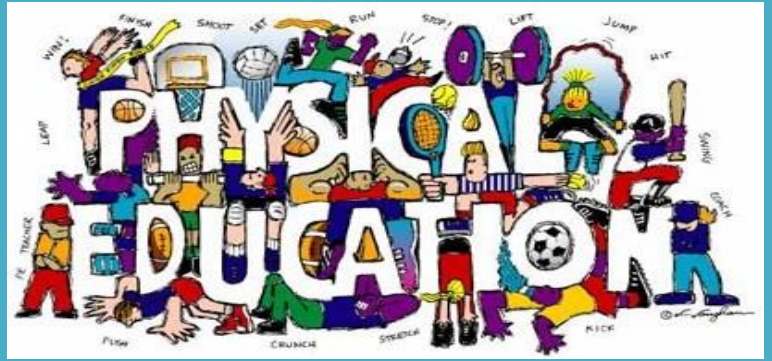
PHYSICAL EDUCATION

CEIP DIONISIO RIDRUEJO

YÉSICA MÉNDEZ (PE teacher)

FITNESS CHALLENGES

MAY, 25 - 31



INDOOR

DANCE CHALLENGE



LET'S DANCE!

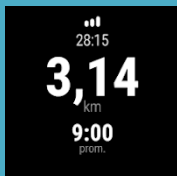
The challenge is to dance like the ones in the video.

Rock N' Roll Will Take You To The Mountain - Skrillex | Just Dance 4 | Best Dance Music

<https://www.youtube.com/watch?v=7EOQCqSi6o0>

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!

+ [ALIMENTOS OLÍMPICOS](#)

<http://recursostic.educacion.es/primaria/ludos/web/c/03/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: TO TURN HOLDING THE TRAINER
<https://www.youtube.com/watch?v=q2hYMo6qYk0>

Challenge 2: BACK CATCHING (no vision)
<https://www.youtube.com/watch?v=R3hw8k7XsB8>

Challenge 3: CIRCLES AND TOUCHES
https://www.youtube.com/watch?v=X4Qf0FC_bCA

Challenge 4: FINGERS COORDINATION
<https://www.youtube.com/watch?v=dQ2JpROo3Zg>

LET'S PLAY!

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

🚩 [JUEGO DE LA OCA 2](#)

<https://view.genial.ly/5e74935702da5f4762cd7448>

LET'S DO YOGA POSES!

FARMYARD yoga

<https://drive.google.com/open?id=1TL6BFkZiVBNAeALQAcq7Sh00IgwUPMEq>

LET'S MAKE BOWLING PINS

<https://www.youtube.com/watch?v=f3W5d27oyG0>

EXTRA CHALLENGE



LET'S MOVE WITH A FAMOUS ATHLETE

<https://www.rtve.es/infantil/serie/educlan-9-10-anos/video/educacion-fisica-movemos-damian-quintero-karate/5563606/>

HEALTHY EATING AND HYGIENE HABITS

EATING RIGHT AND BEING ACTIVE ARE AS EASY AS 5-4-3-2-1 GO!



5

SERVINGS OF FRUITS & VEGGIES A DAY



4

SERVINGS OF WATER A DAY



3

SERVINGS OF LOW-FAT DAIRY A DAY



2

HOURS (OR LESS) OF SCREEN TIME A DAY



1

HOUR (OR MORE) OF EXERCISE EVERY DAY

Forward  

