

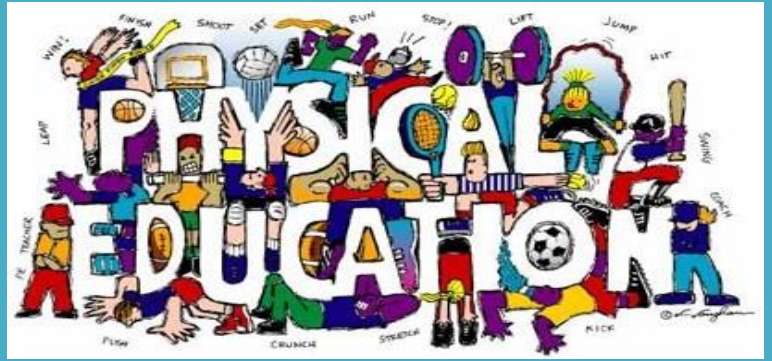
# PHYSICAL EDUCATION

**CEIP DIONISIO RIDRUEJO**

**YÉSICA MÉNDEZ (PE teacher)**

# FITNESS CHALLENGES

## JUNE, 08-14



### INDOOR DANCE CHALLENGE



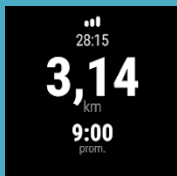
### LET'S DANCE!

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

Monster School: FORTNITE BATTLE ROYALE DANCE CHALLENGE All EPISODES- Minecraft Animation

<https://www.youtube.com/watch?v=cMJ3SU46520>

### 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!

✚ [LA PANDILLA INVESTIGADORA](#)

<http://recursostic.educacion.es/primaria/ludos/web/c/06/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: CIRCLING IN OPPOSITE DIRECTIONS

<https://www.youtube.com/watch?v=b9QrRUM8dEg>

Challenge 2: PASSING THE TOILET PAPER

<https://www.youtube.com/watch?v=AneTcq63JJI>

Challenge 3: APPLE CATCHING

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

Challenge 4: FOOTBALL KICKS

<https://www.youtube.com/watch?v=-y9mfeIjzio>

## **LET'S PLAY!**

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

🚩 [JUEGO DE LA OCA DE HARRY POTTER](#)

<https://view.genial.ly/5e7b5c027cbb710d9a552888/interactive-content-harry-potter-oca>

## **LET'S DO YOGA POSES!**

JUNGLE yoga STORY

<https://drive.google.com/open?id=1i7KYgbchuzcahj7z4SMQnjBqg3zwRRgk>

## **LET'S MAKE A LAUNCHER!**

<https://www.youtube.com/watch?v=t5GeSmw9ya4>

## **LET'S MAKE A CROSSBOW!**

<https://www.youtube.com/watch?v=9O12jiNFuXc>



**LET'S MOVE WITH A FAMOUS ATHLETE**

<https://www.rtve.es/infantil/serie/educlan-9-10-anos/video/educacion-fisica-movemos-joel-gonzalez-taekwondo/5563607/>

**HEALTHY EATING AND HYGIENE HABITS**

# 8 Habits of Healthy Kids<sup>®</sup>

*Healthy kids:*



*Spend at least 1 hour a day being physically active*

*Spend less than 2 hours a day watching TV and playing video and computer games*



*Eat at least a total of 5 fruits and vegetables everyday*

*Snack on healthy foods and less junk food and sweets*



*Drink or eat at least 3 low fat dairy foods a day*

*Drink at least 2 glasses or bottles of water a day instead of soda*



*Eat less fast food and make healthier fast food choices*

*Eat smaller amounts - bigger is not better*

