

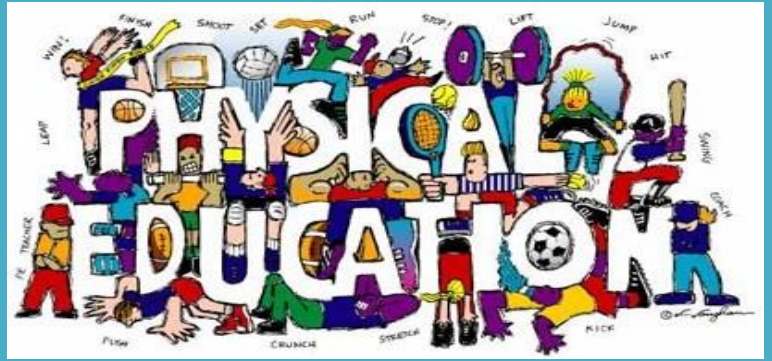
# PHYSICAL EDUCATION

**CEIP DIONISIO RIDRUEJO**

**YÉSICA MÉNDEZ (PE teacher)**

# FITNESS CHALLENGES

## JUNE, 15-21



### INDOOR

#### DANCE CHALLENGE



#### LET'S DANCE!

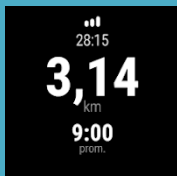
The challenge is to dance like the ones in the video.

FORTNITE DANCE CHALLENGE 2 Gummy Bear and Friends Gummibär Gummy Bear Song

<https://www.youtube.com/watch?v=t3CxF7qCXo0>

### 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!

✚ [MÁS ALTO, MÁS FUERTE Y MÁS RÁPIDO](#)

<http://recursostic.educacion.es/primaria/ludos/web/c/08/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.



FIVE SPATULA CHALLENGES (flips)

[https://www.youtube.com/watch?time\\_continue=7&v=zD54g42j0Lc&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=7&v=zD54g42j0Lc&feature=emb_logo)

**LET'S PLAY!**

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

 [JUEGO](https://view.genial.ly/5e73b3c24aba9c1b7b82bc6c/game-muevetef)

<https://view.genial.ly/5e73b3c24aba9c1b7b82bc6c/game-muevetef>

**LET'S DO YOGA POSES!**

UNDER THE SEA yoga STORY

<https://drive.google.com/open?id=1F-8jgHC0Tu2TU6eSPzE4iNLRGMtubU6z>

**LET'S MAKE AN ARCADE BOWLING**

<https://www.youtube.com/watch?v=5WLDRWdh2S4>



**EXTRA CHALLENGE**



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

<https://www.rtve.es/infantil/serie/educan-9-10-anos/video/educacion-fisica-movemos-laura-ester-waterpolo/5561760/>

**HEALTHY EATING AND HYGIENE HABITS**

**For Health to be Bright  
Get the Hygiene Right**

After sneezing, coughing or cleaning the nose

Before putting on a face mask and after taking it off

Before touching your eyes, nose or mouth

After touching public installations

Wash Your Hands

After going to the toilet

Wash hands with liquid soap

Dry hands with a disposable paper towel

Dispose of used tissue paper properly

Open windows to improve ventilation  
Avoid crowded places

Exercise regularly

Get enough rest

Do not share eating utensils

Eat a balanced diet