

# Physical Education Homework Resources (Part II)

**Includes Links to Activity and Health Lessons and Worksheets  
for Children and Adolescents to Work on at Home**



**Introduction:**

We have searched the PE Central website for physical activity, health and dance ideas that would be suitable for children to do at home with their family and/or friends. We hope you find these helpful as doing physical activity outside of the walls of the physical education class is so important. Please feel free to modify these to make them work in your situation.

Our first book of PE Homework is available here:

<https://www.teachable.com/p/homework>

To see the entire lesson please click on the link which takes you to PE Central. You can print worksheets from there.

## Elementary (K-5):

### 1. [Fundamental Take Home Movement Skills eBook](#)

Sample:

**Skill 4**  
[@cpola17](http://www.missphysicaleducation.com)  
**Underarm throwing.**

**Why do we need to practise this skill?**  
This skill will help us to improve with your hand eye coordination which is very important in many sports. This will also improve your target throwing as well.

**Step by step:**

1. Use a tennis ball, bean bag or a pair of socks to practise your two hand catch skill.
2. Make sure your feet, hands and eyes are ready to move.
3. Stand front on.
4. Step forward onto your opposite leg, with your non throwing arm pointing towards the target
5. Throwing hand goes back, but don't go past your shoulder.
6. Follow through your throw and collect the object.
7. Give yourself a pat on the back.


**Connections to sports:**

**Bowling****Cricket**

**Baseball****Tee Ball****Softball**

**What can I do at home?**  
Practise this skill over and over, ask one of your family members to watch you and provide some feedback.

*Scan the QR for your visual demonstration.*



### 2. [Find My Home Pathways Assessment](#)

# Find My Home

**Directions:** Help the animals find their way home by drawing the correct pathway



**Zig-Zag**

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**Curved**

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**Straight**

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**Middle School (6-8):**

### 3. Fitness Homework

Name: _____		Block: _____		Date: _____	
<b>FITNESS HOMEWORK – What are the Benefits of regular physical activity?</b>					
<b>Did you know????</b>					
<b>Benefits of regular physical activity</b>					
<b>1. Exercise improves your mood.</b>					
Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.					
<b>2. Exercise helps you manage your weight.</b>					
This one's a no-brainer. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.					
<b>3. Exercise boosts your energy level.</b>					
Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.					
<b>4. Exercise promotes better sleep.</b>					
Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day. A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.					
<b>5. Exercise can be — gasp — fun!</b>					
Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical! Physical activity doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts! Are you convinced? Good. Start reaping the benefits of regular physical activity today!					
<i>A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they <b>will be collected and graded every time</b>. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.</i>					
<b>Assignment – Physical – 30 min. cardiovascular workout. What did you do? _____</b>					
<b>Parent Signature(Required): _____</b>					
<b>I participated with my child: Yes _____ (.5 extra credit) No _____</b>					
1. Which fitness fact from above stood out to you? And why?					
2. What cardiovascular activity benefits you the most and why?					
3. Why is a cardiovascular workout so important to you?					

### 4. PE Fitness Homework

5. [Muscular Strength Fitness Homework](#)

6. [Flexibility Fitness Homework](#)

7. [Cardiovascular Fitness Homework](#)

## **Health**

Many health lessons are great for parents to do with their children at home. Below are some that we found on the PE Central Website.

[Click here](#) to access all of our health lesson ideas.

## Elementary:

### 1. [Reading Labels on OTC Medicine](#)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **MIND MEDICINE**



*It's important to "use your brain" when it comes to taking medicine.*

**Directions:** Go around the classroom and fill in the blank spots. The blank spots may be the name of the medicine, the age, or the usage (what you use the medicine for. Ex: headaches, cough etc.). Once you have filled in all the blanks, return to your seats and draw lines to the "real-life" medicine that matches. The medicines will match if they have the same age and usage.

### **"Silly Medicine":**

#### **Zing Zang Zip**

Ages: \_\_\_\_\_

Usage: \_\_\_\_\_

**Medicine:** \_\_\_\_\_

12 & under

Headache relief

**Medicine:** \_\_\_\_\_

13 & up

Used for stuffy nose (Mucus)

#### **Doc Mcstuffins**

Ages: \_\_\_\_\_

Usage: \_\_\_\_\_

#### **Powwowya**

Ages: \_\_\_\_\_

Usage: \_\_\_\_\_

**Medicine:** \_\_\_\_\_

12 & Under

Used for allergies.

#### **Ohhh-weee**

Ages: \_\_\_\_\_

Usage: \_\_\_\_\_

#### **Ohh-Yee-Ya**

Ages: \_\_\_\_\_

Usage: \_\_\_\_\_

### **Real Life Medicine:**

#### **Dimetapp:**

Ages: 12 & Under

Used to relieve coughing.



#### **Children's Mucinex:**

Ages: 12 & Under

Used for a stuffy nose



#### **Zyrtec:**

Ages: 13 & Up

Used for allergies



#### **Children's Tylenol:**

Ages: 12 & Under

Used for relieving headaches



#### **Mucinex:**

Ages: 13 & Up

Used for a Stuffy Nose



#### **Children's Benadryl:**

Ages: 12 & Under

Used for allergies



#### **Tylenol:**

Ages: 13 and Up

Used for relieving headaches



#### **Delsym:**

Ages: 13 & Up

Used to relieve cough



## Secondary:

### 2. [Superfood Blind Taste Testing](#)

#### Olives



Contains heart healthy  
monounsaturated fat

Highest amount of Vitamin E  
(antioxidant)

## Dances (with Videos):

Below is a link to about 40 dances that can be done at home. There is a full description of the dance steps along with videos for many (but not all) that students can follow along. Note: Best to use Chrome browser.

- [K-12 Dances with Videos](#)

## Homemade PE Equipment

- Here are some ideas for [making your own PE Equipment](#).