

## 5<sup>th</sup>-8<sup>th</sup> Grade PE Emergency Days (6-10) Packet

**Tuesday, March 31<sup>st</sup>:** Fitness Bingo

Instructions: Choose ONE row to complete. Do THREE reps of the entire row, resting 1 minute between exercises, just as we would for fitness circuits. Acquire a parent signature on the class cover sheet when completed. Bingo sheet can be found on PE Google Classroom

Parent Signature: \_\_\_\_\_

**Wednesday, April 1<sup>st</sup>:** Read article posted on importance of sleep and start filling out sleeping chart

Parent Signature: \_\_\_\_\_

**Thursday, April 2<sup>nd</sup>:** Fitness Bingo

Instructions: Choose ONE row to complete. Do THREE reps of the entire row, resting 1 minute between exercises, just as we would for fitness circuits. Acquire a parent signature on the class cover sheet when completed. Bingo sheet can be found on PE Google Classroom

Parent Signature: \_\_\_\_\_

**Friday, April 3<sup>rd</sup>:** Physical Education: Why is it Important?

Read article using the website <https://ihtusa.com/why-physical-education-is-necessary-for-every-student/> on why physical education is important. List the three that you feel are most important and explain why.

Parent Signature: \_\_\_\_\_

**Monday, April 6<sup>th</sup>:** Fitness Bingo

Fitness Bingo

Instructions: Choose ONE row to complete. Do THREE reps of the entire row, resting 1 minute between exercises, just as we would for fitness circuits. Acquire a parent signature on the class cover sheet when completed. Bingo sheet can be found on PE Google Classroom

Parent Signature: \_\_\_\_\_

### MJHS PE Fitness Bingo.

Choose ONE row to complete. Do 3 reps of the entire row, resting 1 minute between resting 1 minute between exercises just as we would for fitness circuits.

Acquire a parent signature on the class cover sheet when completed.

<p>10 Dips *Use a chair, bench, or couch</p>	<p>1 min Mountain Climbers</p>	<p>10 Squats</p>	<p>20 Russian Twists *May add weight with a medicine ball, or can of fruit/soup/veggies</p>	<p>10 Lunges</p>
<p>10 Lunges</p>	<p>25 Crunches</p>	<p>10 Dips *Use a chair, bench, or couch</p>	<p>1 Min High Knees</p>	<p>20 Russian Twists *May add weight with a medicine ball, or can of fruit/soup/veggies</p>
<p>10 Push ups</p>	<p>20 Russian Twists *May add weight with a medicine ball, or can of fruit/soup/veggies</p>	<p>1 min Deep Relaxation Breathing</p>	<p>10 Squats</p>	<p>10 Sit Ups</p>
<p>10 Squats</p>	<p>10 Dips *Use a chair, bench, or couch</p>	<p>10 Jumping Jacks</p>	<p>1 min Plank</p>	<p>10 Lunge</p>
<p>20 Russian Twists *May add weight with a medicine ball, or can of fruit/soup/veggies</p>	<p>10 Push Ups</p>	<p>20 Steppers</p>	<p>1 min Plank Jacks</p>	<p>10 Jumping Jacks</p>



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## Sleep in Adolescents

### What to expect

Adolescents are notorious for not getting enough sleep. The average amount of sleep that teenagers get is between 7 and 7 ¼ hours. However, they need between 9 and 9 ½ hours (studies show that most teenagers need exactly 9 ¼ hours of sleep). Teenagers do not get enough sleep for a number of reasons:

- **Shift in sleep schedule.** After puberty, there is a biological shift in an adolescent's internal clock of about 2 hours, meaning that a teenager who used to fall asleep at 9:00 PM will now not be able to fall asleep until 11:00PM. It also means waking 2 hours later in the morning.
- **Early high school start times.** In most school districts, the move to high school is accompanied by an earlier school start time. Some high schools start as early as 7:00 AM, meaning that some teenagers have to get up as early as 5:00 AM to get ready for and travel to school.
- **Social and school obligations.** Homework, sports, after-school activities (often occurring during the evening), and socializing lead to late bedtimes.

As a result, most adolescents are very sleep deprived. Sleep deprivation will impact on many aspects of your teenager's functioning:

- **Mood.** Sleep deprivation will cause your teenager to be moody, irritable, and cranky. In addition, she will have a difficult time regulating her mood, such as by getting frustrated or upset more easily.
- **Behavior.** Teenagers who are sleep deprived are also more likely to engage in risk-taking behaviors, such as drinking, driving fast, and engaging in other dangerous activities.

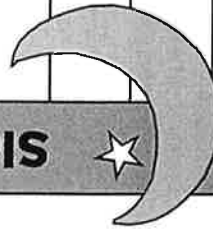


Name:

Date:

Instructions: Complete this log for 2 weeks. If you're feeling tired during the day, see if you're getting the number of hours of sleep recommended for your age. Consider adjusting your sleep environment or habits if necessary. Make it a goal to reduce the number of days you feel tired by week 2.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Yesterday, I exercised for this many minutes:							
Yesterday, I: (check all that apply)							
Ate too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Didn't eat enough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had a drink with caffeine, like soda or tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yesterday, I: (check one)							
Had lots of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Was tired all day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt sleepy in the afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yesterday, I took a nap. (check one)							
True	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
False	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Last night, I went to bed at this time:							
Last night, I fell asleep at this time:							
Today, I woke up at this time:							
Last night, I slept for this many hours:							





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## Why Physical Education Is Necessary For Every Student

Originally published July 6, 2018 by HeroicHollywood.com.

Students get a lot of benefits from physical education classes. P.E. classes can help students to become more aware of the importance of a healthy lifestyle. The students can also retain a higher level of knowledge as a result of the overall health. This knowledge can help them to make wise decisions concerning their safety, health, and wellbeing.

Here are ways in which physical education can help to improve the life of the students.

Physical fitness of the student



Photo from berkleycarroll.com

## Helps students focus

If you don't take time off from your job, you will realize that it can be hard to focus. This can also happen to kids. They require more than one break in a day if they focus their attention on books. This is why physical education is necessary. When students engage in P.E., they are able to burn the excess pent up energy. Pent up energy is often what leaves them fidgeting and without paying attention in the classroom.

## Learn the importance of working out

Students usually learn by observing others. They require someone who can act as a role model and help them to exercise. P.E. is a good way of teaching your children the need for exercising on a daily basis. Like we have already noted P.E. introduces students to a wide range of exercises. This way, they learn about the different physical activities that they can easily enjoy. Young students such as first-graders and pre-schoolers will love participating in physical activities when an element of fun is added to the sports.

## Health and nutrition

Nutrition is one of the elements of P.E. One of the key benefits of P.E. is that it helps students to understand the importance of proper nutrition. This is particularly important in high school as this is where eating disorders and obesity prevails. With physical education and health, students understand the importance of eating well and the key nutrition guidelines.

## Instill positive behaviors

The moral development of a student can be impacted by quality physical education. With P.E., students get the opportunity to work as a team, question actions by their peers and accept responsibilities for their own actions.

When students are idle, they can easily be initiated in negative behaviors such as drug abuse. On the other hand, when students find a hobby in a sport, it keeps them engaged throughout their school lives. P.E can therefore help to supplement the improving value system of the learner. Students will also understand how to use their time well.

## Final thoughts

It is clear that physical education plays a key role in the development of a student life. There are various factors that should be considered in the development of sports activities.

## Physical Education: Why is it Important?

Instructions: Using the website <https://ihtusa.com/why-physical-education-is-necessary-for-every-student/>, read the article and list 3 reasons that YOU feel physical education is important for students. After you list the three reasons, explain WHY you feel these reasons are most important. You can create your own document on your Chromebook and submit it on the Google Classroom.