



PHYSICAL EDUCATION

LINCOLN HIGH SCHOOL

Assignment # 13 – Move It May : Week 2

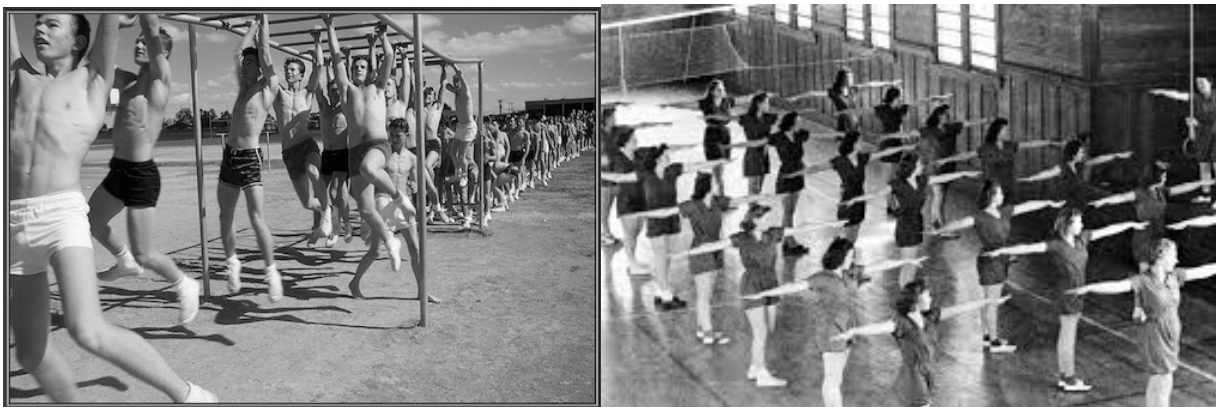
In 1956, President Eisenhower received a report that the physical fitness of American youth was dwindling due to the new leisure lifestyle. (This was LONG before computers and cell phones!) This report made him establish the President's Council on Youth Fitness. Six decades later they are now the President's Council on Sports, Fitness & Nutrition, which strives to engage, educate, and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition.

The President's Council has a number of programs and initiatives to help inspire youth to be active, eat well, and get healthy. One you are all familiar with is the Presidential Youth Fitness Program. Started in 1966 (54 years ago!) The programs goal has always been about health and regular physical activity for America's youth. The hope is that with this program you will feel empowered to adopt and maintain an active lifestyle.

What did the original Presidential Physical Fitness Test look like in 1966???

- The original test included a softball throw, a broad jump, a 50-yard dash, and 600-yard walk/run.

What were they wearing while taking the Presidential Physical Fitness Test?



(Note: Physical Education was not Co-Ed back then, ladies and gentlemen had their own class)

Fitness Test Now

While the Fitness Test has changed over the years, the current test continues to assess physical fitness. The Presidential Youth Fitness Program places emphasis on the value of living a physically active and healthy lifestyle—in school and beyond. The program is intended to support students as they pursue personal fitness goals for lifelong health.

This is why we supply you with a fitness log every week.

Why **MOVE IT MAY?**

May is National Physical Fitness & Sports Month. The President's Council on Sports, Fitness & Nutrition encourages everyone to #MoveInMay but remember to continue to practice social distancing while you're being active.

There are countless ways to get moving, and many of them can be done while you stay at home. Workout videos, dancing, and even active video games are great ways to get moving. Many gyms and organizations across the country are offering free streaming or on-demand fitness options. This might be the perfect opportunity to try something new!

Household chores and gardening are also good ways to get moving, and a great way to multitask. If you can distance yourself from others outside — take a walk, run, or bike ride in a quiet neighborhood, or hike on a trail away from others.

Instructions:


This Week's MOVE IT MAY activities

11 moms receive *The Heart Truth* for Mother's Day from you



This year MOM deserves 2 days of celebration. Offer to help your Mom all day with physical chores.

12 flutter kicks



Instruction on this exercise can be found in your previous assignment, the exercise is called swimming.

Do: 3 sets of 12 kicks - rest for 15 sec. between sets

13 baby carrots



Eat 13 baby carrots – if you don't have baby carrots 2 regular carrots will work – OR a cup of some vegetables.

14 calf raises



Instruction on this exercise below.

Do: 3 sets of 14 calf raises - rest for 15 sec. between sets

15 chair dips



Instruction on this exercise is in your previous assignment.

Do: 3 sets of 15 chair dips – rest for 15 sec. between sets


16 seconds of stretching



Cool down stretches can be found in previous assignments

Do: 3 cool down stretches for 16 seconds each - rest for 15 sec. between sets

17 arm circles



Instruction on this exercise below.

Do: 2 sets of 17 forward and back - rest for 15 sec. between sets

CALF RAISES:



- Position your feet hip-width apart.
- Slowly raise your heels until you're on your tiptoes, then slowly lower back down to the ground. Take three slow counts to raise and lower your heels.

ARM CIRCLES:



- Stand straight with your feet shoulder-width apart.
- Extend your arms out on either side of your body, parallel to the floor. Close your hands into fists.
- Start rotating your arms in fast clockwise motions.

Backwards is the same steps except counter clockwise motions.

JOURNAL:

Student Name: _____

Monday 11th: What physical chores did you do to help out today?

Tuesday 12th : Flutter Kicks / Swimming

3 sets of 12 kicks, rest for 15 seconds between sets.

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Wednesday 13th: Carrots –eat 13 baby or 2 large ones if you don't have carrots eat one cup of vegetables. Log what you ate below:

Thursday 14th : Calf raises

3 sets of 14 raises, rest for 15 seconds between sets.

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

JOURNAL:

Friday 15th : Chair dips

3 sets of 15 dips, rest for 15 seconds between sets.

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Saturday 16th : Stretching

Choose any 3 cool down stretches, perform each stretch for 16 seconds, rest for 15 seconds between each stretch

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Sunday 17th : Arm Circles

2 sets of 17 forward and 2 sets of 17 backwards, rest for 15 seconds between sets.

Start time:

Finish time:

Was that exercise: Easy/ Medium / Hard

Parent / Guardian Signature:
