

Grade 4 Phys Ed

Week 8

Warm up

5 min jog + 6 Inchworms

Jump Rope

1. Front 2 foot jump

A) 2 jumps with 1 rotation

B) 1 jump with 1 rotation

2. Backward 2 foot jump

A) 2 jumps with 1 rotation

B) 1 jump with 1 rotation

3. Jogging on the spot.

4. Hop - jump with 1 foot at a time

Fun Game

Helicopter-1 person moving rope around in a circle just off the ground, other person jumping over.

Partner Jumping-1 rope-2 jumpers