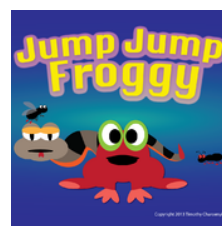


# THE P.E. P.A.K. PACK

TAKE HOME PHYSICAL ACTIVITIES FOR YOU AND YOUR FAMILY



CLASS:

SHAWSHEEN SCHOOL  
18 MAGNOLIA AVE  
ANDOVER MA 01810  
(978) 623-8850



# THE P.E. P.A.K. PACK

## SECTION 1: DIRECTIONS (PARENTS, PLEASE READ):

Hello and welcome to the P.E. P.A.K. Pack! This program is designed to get students and families active through a variety of fun and interactive activities.

Every student in 2nd grade will be given the chance to bring the P.E. P.A.K. Pack home for a couple of days. Students who participate in the program will have their name entered into a drawing for a P.E. Prize Pack that will be given out at the end of the school year.

Please read the following information on how to use this resource. Please know that this program is completely voluntary and if you are not able to participate, I kindly ask that you return the pack with all items on the next school day. Hopefully, you will want to open the pack and have fun with your awesome kids!!!



Enclosed in this binder you will see 5 sections of the P.E. P.A.K. Pack:

Section 1: Direction (This Is What You are Reading Right Now)

Section 2: CD With Warmup Activities

Section 3: Skill Development Activity With Equipment

Section 4: Choice Activity - Choose One:

- QR Code Dances
- Wear Pedometer For A Day
- Active Apps

Section 5: Student Self Reflection That Gets Passed In

Note: To be eligible for the prize drawing, you must complete all sections!

# THE P.E. P.A.K. PACK

## SECTION 2: MOVEMENT CD

In this section you will find a CD with 3 audio tracks. Find a safe space in your home to complete the activities. Parents and siblings are encouraged to participate in the activities as well!!!



Please return the CD to the protective sleeve when you are finished!!!  
Thank you!!!



# THE P.E. P.A.K. PACK

## SECTION 3: SKILL DEVELOPMENT ACTIVITY

**Directions:** Use the beanbag from the P.E. P.A.K. Pack to complete the following challenges. Make sure you have plenty of room before you begin!



Challenge #1: Place the beanbag on your head and visit every room in your house without having the beanbag fall off your head.



Challenge #2: Place the beanbag on your head, balance on one foot, and sing the "ABC song" three times.



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NEXT PAGE ➡



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## SECTION 3: SKILL DEVELOPMENT ACTIVITY (CONTINUED)

Challenge #3: Take the beanbag and pass it around your waist as fast as you can while you count to 100.



Challenge #4: Take the beanbag and pass it under your leg 100 times while you close your eyes.



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## SECTION 3: SKILL DEVELOPMENT ACTIVITY (CONTINUED)

Challenge #5: Make up a safe trick of your own, draw it here, then tell me about it.

My Name: \_\_\_\_\_ My Teacher: \_\_\_\_\_

# THE P.E. P-A-K PACK

## SECTION 4: CHOICE ACTIVITY

On the following pages you will find three different activities. You will need to decide which one of the three you will do. When you are finished with this section, go to section 5 and fill out the student reflection sheet.

The three activities are:

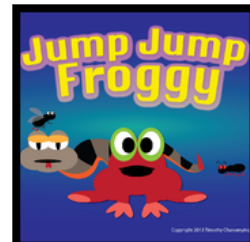
### Choice #1: QR Code Dances



### Choice #2: Wear A Pedometer



### Choice #3: Active Apps



Turn to the next several pages to see a description of each activity ➡



# THE P.E. P-A-K PACK

## CHOICE #1: QR CODE DANCES

A QR Code is used to quickly go to a website or product on the Internet. To participate in this choice you will need access to the Internet. The codes on the next three pages go to YouTube where you will find a variety of fun and easy to follow dances. Scan and participate in all three dances. After you participate, go to section 5 of this binder and fill out the student reflection sheet. Have fun!!!



Turn to the next three pages to scan the QR codes ➡

# THE P.E. P.A.K. PACK

QR CODE DANCE #1:



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QR CODE DANCE #2:





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QR CODE DANCE #3:



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## CHOICE #2: WEAR A PEDOMETER FOR A DAY

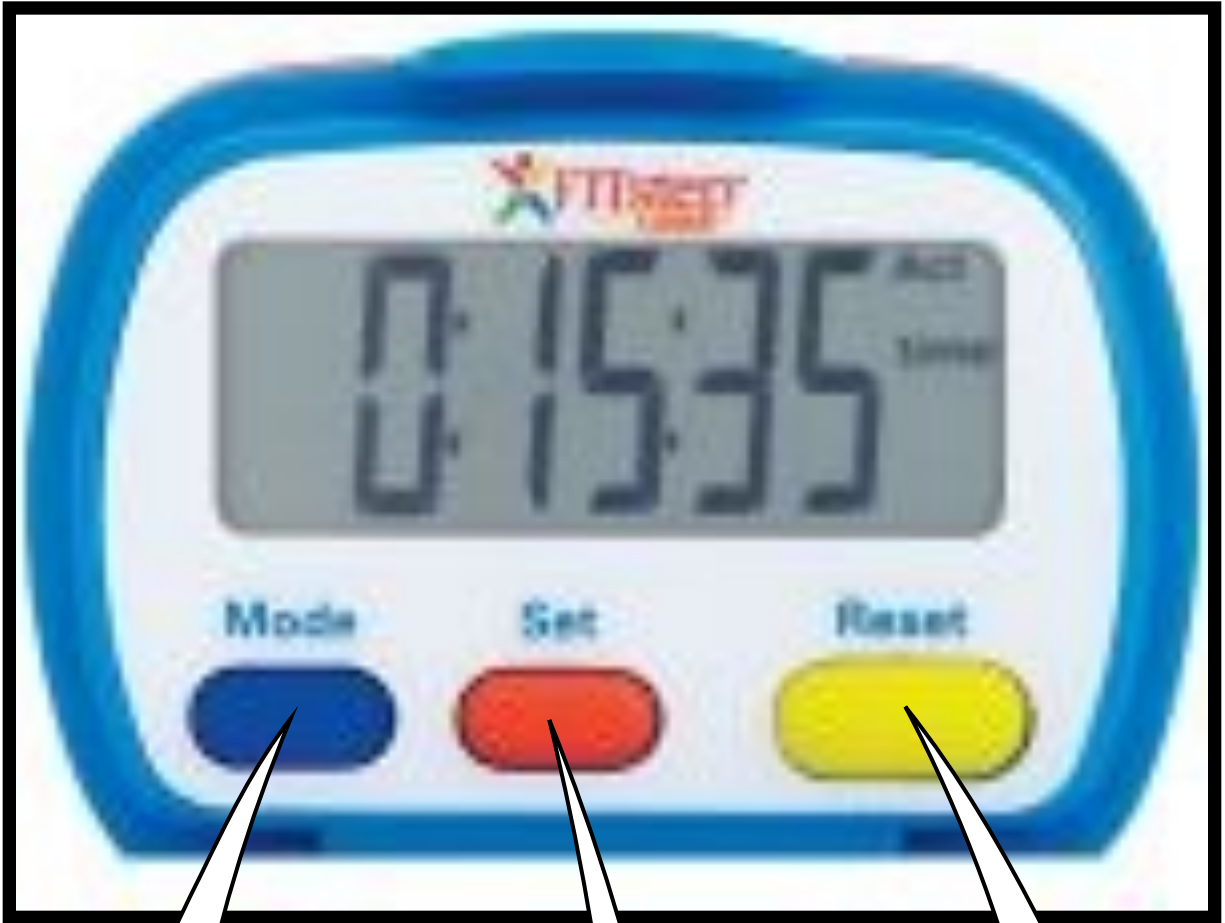
If you choose this activity, you will need to wear a pedometer for one whole day. A pedometer is a device that you wear on your waist right above your knee. The pedometer counts steps, activity time, and moderate to vigorous activity time (MVPA). When you are finished and have worn the pedometer for one whole day, write down your steps on the sheet found in section 5 of this binder and fill out the student reflection sheet. Have fun!!!



Turn to the next page to see how to operate the pedometer ➡

# THE P.E. P.A.K. PACK

## CHOICE #2: WEAR A PEDOMETER FOR A DAY (CONTINUED)



Press this button to change from steps to activity time to MVPA time.

No need to use this button.

Hold this button down to reset the pedometer back to "0".



# THE P.E. P-A-K PACK

## CHOICE #3: ACTIVE GAMING APPS (CONTINUED)

If you choose this activity, you will need to go to the Apple App Store and download one of the following apps to an iPad or iPhone (The next three pages has instructions). All of the apps are free. Just follow the directions on the app and have fun!!! (Note: To download anything from the App Store you will need an account). When you have played the game for at least 20 minutes, go to section 5 of this binder and fill out the student reflection sheet.



### JUMP JUMP FROGGY APP

This app turns doing push-ups, hopping, and sit-ups into an interactive game. Each exercise is fun and interactive!



### NFL PLAY 60 APP

In this game you run, jump, and turn while holding your device and your character does the same. You move and your character moves on screen!



### BIT BREAKER APP

In this game you use your body to try and break bricks without letting the ball get past you!

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## CHOICE #3: ACTIVE GAMING APPS

### STEP 1: GO TO THE APP STORE -

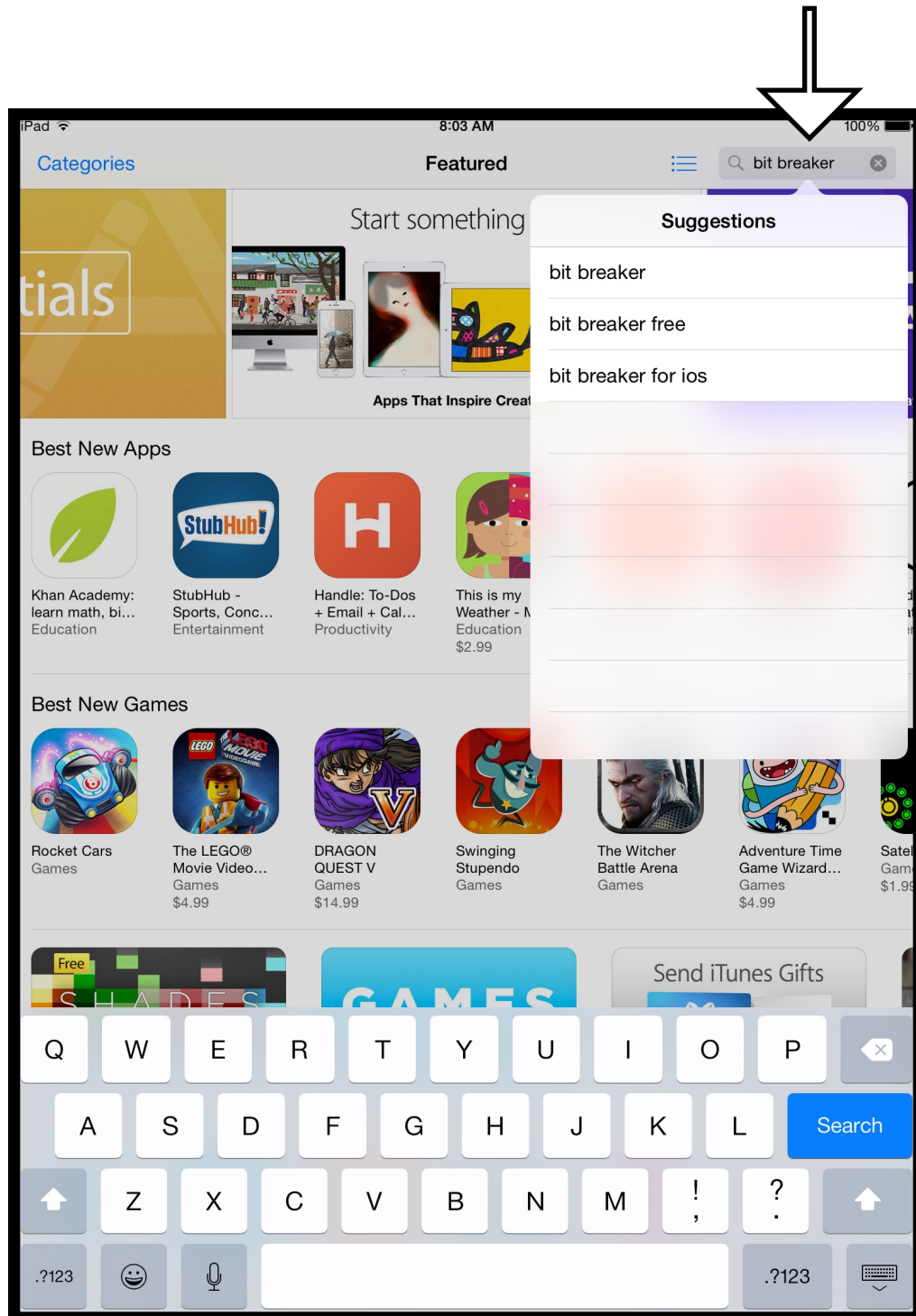


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# THE P.E. P.A.K. PACK

## CHOICE #3: ACTIVE GAMING APPS (CONTINUED)

### STEP 2: ENTER APP NAME INTO SEARCH BOX



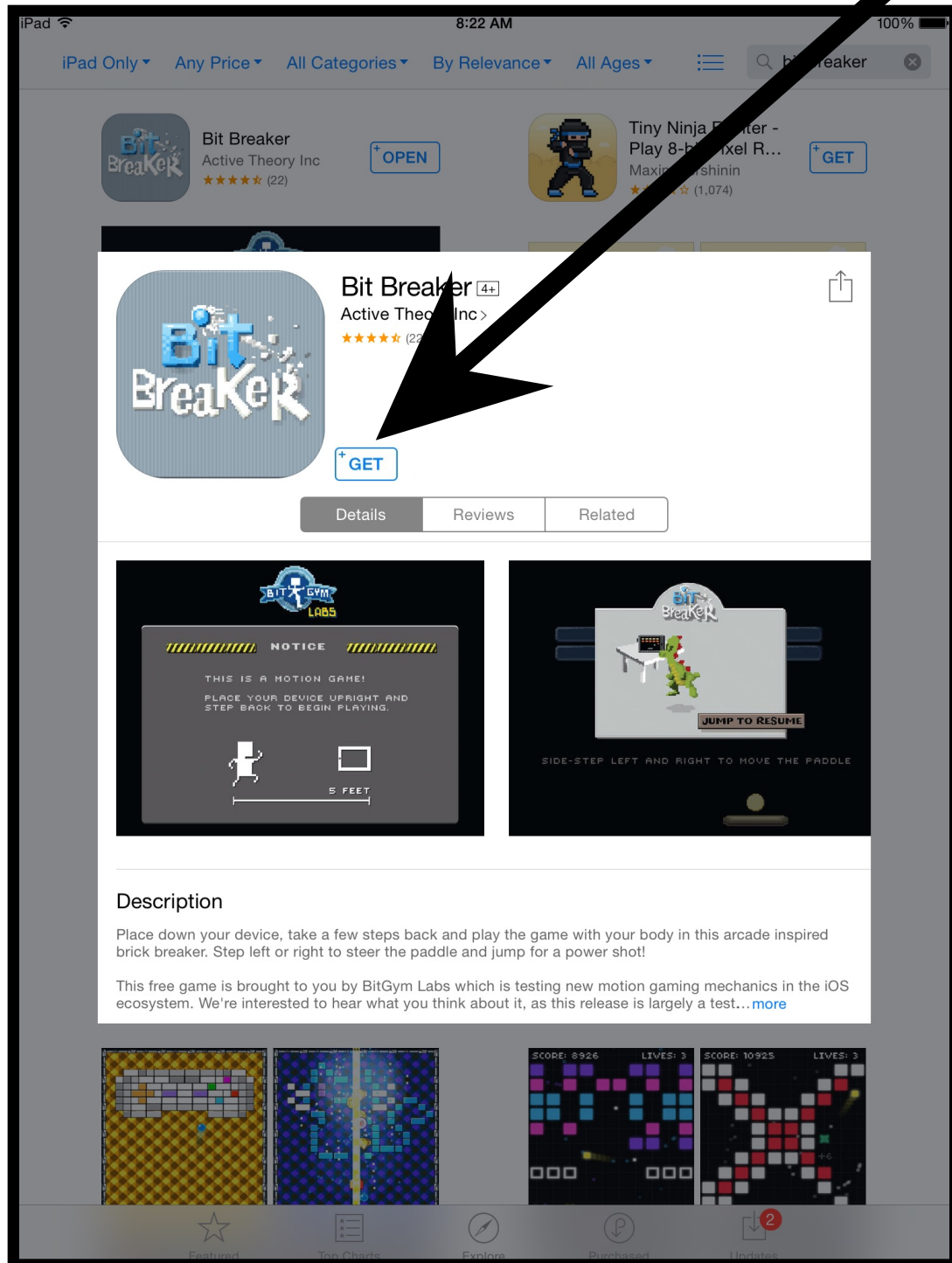
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# THE P.E. P.A.K. PACK

## CHOICE #3: ACTIVE GAMING APPS (CONTINUED)

### STEP 3: FIND GAME AND DOWNLOAD TO YOUR DEVICE



# THE P.E. P.A.K. PACK

## SECTION 5: SELF REFLECTION

Answer the following questions about your experience with the P.E. P.A.K. Pack. When you are finished, have this sheet signed by your parents and return all items from the pack to Mr. Tiller.

Your name: \_\_\_\_\_. Your Teacher: \_\_\_\_\_.

**Question #1: What was your favorite part of using "The Pack"?**

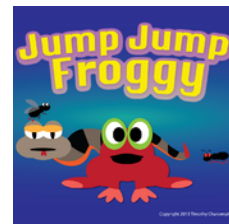
**Question #2: What "Choice Activity" did you choose? (Circle One)**



Pedometer



QR Code Dances



Active Apps

How many steps did you get? \_\_\_\_\_

**Question #3: Why did you choose that activity?**

GO ON TO THE NEXT PAGE ➡

# THE P.E. P.A.K. PACK

## SECTION 5: SELF REFLECTION (CONTINUED)

**Question #4: Did any of your family members participate with you?  
If "Yes", who were they?**

**Question #5: When you are not in school, what are your  
favorite things to do to be active?**

**Question #6: Finish this sentence -  
The best part of being physically active is:**

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**Parent Signature**

Parents: By signing above you verify that your child fully participated in all the P.E. P.A.K. Pack activities.