

Dear Parents and Student's

March 17th 2020

As we prepare for distance learning for the next 3 weeks and possibly longer, the Adapted Physical Education Team has put together a packet with resources to help you stay active while remaining safe at home. The packet includes Websites and Apps you can use as direction for your activities. It also includes songs and workout cards you can follow and do everyday. We need to remember that staying active is an important part of a healthy lifestyle and maintains our immune system. If you have any questions at all, please email your APE teacher. Stay active and stay safe

Online/App Resources for Movement at Home

The following information is a list of free websites or apps that are available to parents/teachers for home use. These have not been fully vetted and are not officially recommended by PVUSD.

This list is just to provide awareness of what options are available to parents to help students engage in physical activity at home. Some activities may be more appropriate for certain age groups than others. Please check these out and help our students stay active and healthy during this time of distance learning!

~ PVUSD Adapted Physical Education Team

❖ Fluency and Fitness

➤ This website is offering a 3 week free trial. There are lots of videos for students to work on math and reading and there are some that are just movement. You can create a free account by visiting and clicking the pink "click here" at the main title on the homepage.

❖ Go Noodle

➤ This is a cool website that many of the students are familiar with as many classroom teachers use it for brain breaks. These are short videos that involve

movement and dancing. **www.gonoodle.com** They also have just released an app for IOS only which would be easy to access on an iPad.

❖ **Exercise Buddy - Visual Exercise System**

➤ This is an app/website with exercise videos which are geared towards students with autism and sensory issues. These videos are helpful for calming down their bodies, reduce anxiety and still meet physical education goals. They are offering a 14-day free trial for anyone who signs up. www.exercisebuddy.com

❖ **Kids Workout 1 Beginner:**

➤ 15 minute workout to do with the whole family. https://www.youtube.com/watch?v=L_A_HjHZx

❖ **Yoga for Kids!**

➤ 25 minute yoga for kids and families. <https://www.youtube.com/watch?v=X655B4ISakg>

❖ **Cosmic Kids Yoga**

➤ Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world. <https://www.youtube.com/user/CosmicKidsYoga>

❖ **Adventure 2 Learning**

➤ This website is offering free access to their content. Visit **www.adventure2learning.com** After you sign up for the free content, scroll down to the health and fitness icon and find fun videos to encourage movement at home.

❖ **Sientete Joven**

➤ “Cardio Full Body Routine 30 minutes Fat Burning Cardio Full Body for beginners” Bilingual YouTuber <https://www.youtube.com/channel/UCDoVqEfsRy76Rs59oa1zltw>

❖  Listen to ChuChu TV on Spotify - <https://spoti.fi/2R4e4L1>

➤ **Gary Hartman Exercise workouts for kids K-3 Grade**

➤ https://youtu.be/n_oeKDVJTss Rock your Body to the Colors

➤ <https://youtu.be/uf0uKmkwnKs> Penguin dance

➤ <https://youtu.be/03zqJQJRLN0> Shake your Sillies out

➤ <https://youtu.be/cSPmGPlyyKU> Rhyme and Freeze

<https://www.youtube.com/user/TheKidscartoons> Greg and Steve: Listen and Move

<https://tinyurl.com/sqrlo2e> Fitness in Nature, this is so fun, takes a few minutes to load

Daily Outdoor Play Log

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	dance	Bike around	Sit ups	laps	I can make a video for pe for prov	yoga
Play and run and jump in the trampoline						

In each square, write what you did outside. You can draw a picture if you prefer. Suggested activities: run, walk, garden, bike, skate, scooter, jump rope, hula hoop, climb a tree, play in the park, hopscotch, basketball, 4-square, etc. Smile, laugh, and enjoy the fresh air!

****If you cannot go outside for any reason, don't worry! Just try again the next day**

Name_crystal_____cr_____

Grade:___4th___

Directions: Check off the activities that you have completed each day by putting the date that you completed the exercise.

Goal: Perform a minimum of 10 for the week for a total of 30. Exercises can be completed more than once.

___ Go jogging 20 minutes	___ Do 20 burpees	___ Do 20 sit ups
___ Eat 2 veggies in 1 day	___ Dance 10 minutes	___ Do 10 reach jumps x 2
___ Walk with a pet/parent/sibling for a 30 minute walk	___ Watch TV for only one hour per day and do a wall sit during every commercial.	___ Add your own exercise
___ Ride your bike for 15 minutes	___ Do 60 second wall sit x 2	___ Jog high knees in place 20 second 3 times
___ Play with a hula hoop 10 minutes	___ Play a tag game for 10 minutes	___ Do 30 jumping jacks
___ Walk for 10 minutes or run for 5 minutes	___ Plank for 25 seconds x2	___ jump as high as you can 10 times
___ Dribble a ball 10 minutes, practice with different hands	___ Shoot a basketball 15 minutes	___ go for a walk with a family member
___ Jump rope 10 minutes	___ Do Arm Circles for 20x each direction	___ Leg raises x10 each leg
___ Make up a dance, record it and email it to me	___ Play catch with a friend or parent	___ Do 10 Burpees
___ Toe touches hold for 15 seconds 5x	___ shovel snow for 20 minutes	___ Climb up and down the stairs 10 times
___ Hop on each foot 15xs	___ eat a piece of fruit everyday for a week	___ Do 10 push ups
___ Dribble a soccer ball 10 minutes (outside)	___ Do butt kickers in place for 20 seconds x 3	___ Frog jump as far as you can 5 times
___ Write a poem about hand washing	___ run around the block with a parent once	___ Do 15 mountain climbers
___ Hike a hill 5 times	___ Walk like a seal across the room 2 times	___ Sit/reach your toes for 20 seconds 3 times

___ Play kickball with friends	___ Play baseball/softball with a friend.	___ Sit and reach your toes 20 seconds 3 times
___ List 5 ways to stop the spread of infectious diseases	___ Do 15 standing squats 2 times	___ Eat carrots and broccoli in the same day
___ Do 15 wall push ups	___ Read a story before bed	___ Take your pet/dog for a walk
___ Play a game from PE class	___ Play in the yard 30 minutes	___ Get 8 hours of sleep 2 nights in a row
___ Do 20 sit ups	___ Hop on one foot then the other 20 times	___ Balance on each foot for 20 seconds 3 times
___ Do book curls 30 times each arm	___ Eat breakfast each day for a week	___ Skip around your home/outside 5 times
___ Go to a park and play	___ Do 40 step ups	___ Perform 20 mountain climbers
___ Walk like a crab 20 feet 2 times	___ Play football catch with a friend	___ Go swimming at a supervised pool or beach
___ Watch TV for only one hour in a day	___ Play a board game with your family	___ Do something nice for your teacher
___ Bridge 10 seconds 2 times	___ Make 20 basketball shots	___ Spend 10 minutes stretching
		___ shovel snow for 30 minutes

Gross Motor Activities to Practice at Home:

- Walk on different surfaces: grass, sand, rocks, dirt, concrete, wet surfaces, wood chips
- Practice skills forward, backward, sideways, and eyes closed (when safe)
- Move in different ways: run, gallop, skip, jump (2 feet), hop (1 foot)
- Move like animals: bear, crab, giraffe, horse, bird, dolphin, rabbit, etc...
- Balance/shifting weight on different body parts: feet, hands, elbows, knees, bottom, head
- Bounce and catch large and small balls
- Throw (or pick up and release) a variety of objects to a target
- Balance bean bags on different body parts
- Do activities with eyes closed (when safe)
- Climb up and down playground equipment (or stairs) in different ways (backwards, jumping, sliding)
as long as safe
- Practice copying another persons simple movements (arms out, one arm in, lift leg, touch nose)
- Movement stories (move like you are in outer space, move like you are covered in peanut butter, like your feet are balloons)
- Simple games: Simon Says, Red Light Green Light, Freeze Dance



TABATA



	1. PUSH-UPS		
	10 SEC REST	20 SEC MOVE	
	2. SKIER JUMPS		
	10 SEC REST	20 SEC MOVE	
	3. ALT. LEG KICKS		
	10 SEC REST	20 SEC MOVE	
	4. BURPEES		
	10 SEC REST	20 SEC MOVE	
	5. SQUATS		
	10 SEC REST	20 SEC MOVE	
	6. JOG IN PLACE		
	10 SEC REST	20 SEC MOVE	

6

HIGH INTENSITY INTERVAL TRAINING

©Pete Charrette (Cag's Pete), 2017

WHEN I'M PHYSICALLY ACTIVE, I CAN...



Set Goals



Challenge Myself

Enjoy Moving



Get Creative



Celebrate Success



Be with Others



Work Together



P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

©Pete Charrette (Cap'n Pete), 2019

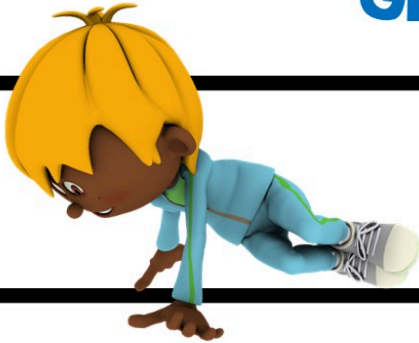
Regular Physical Activity Can Help Me...



STAY HEALTHY



HAVE MORE ENERGY



GET STRONGER



FEEL HAPPY

GAIN CONFIDENCE



HAVE FUN

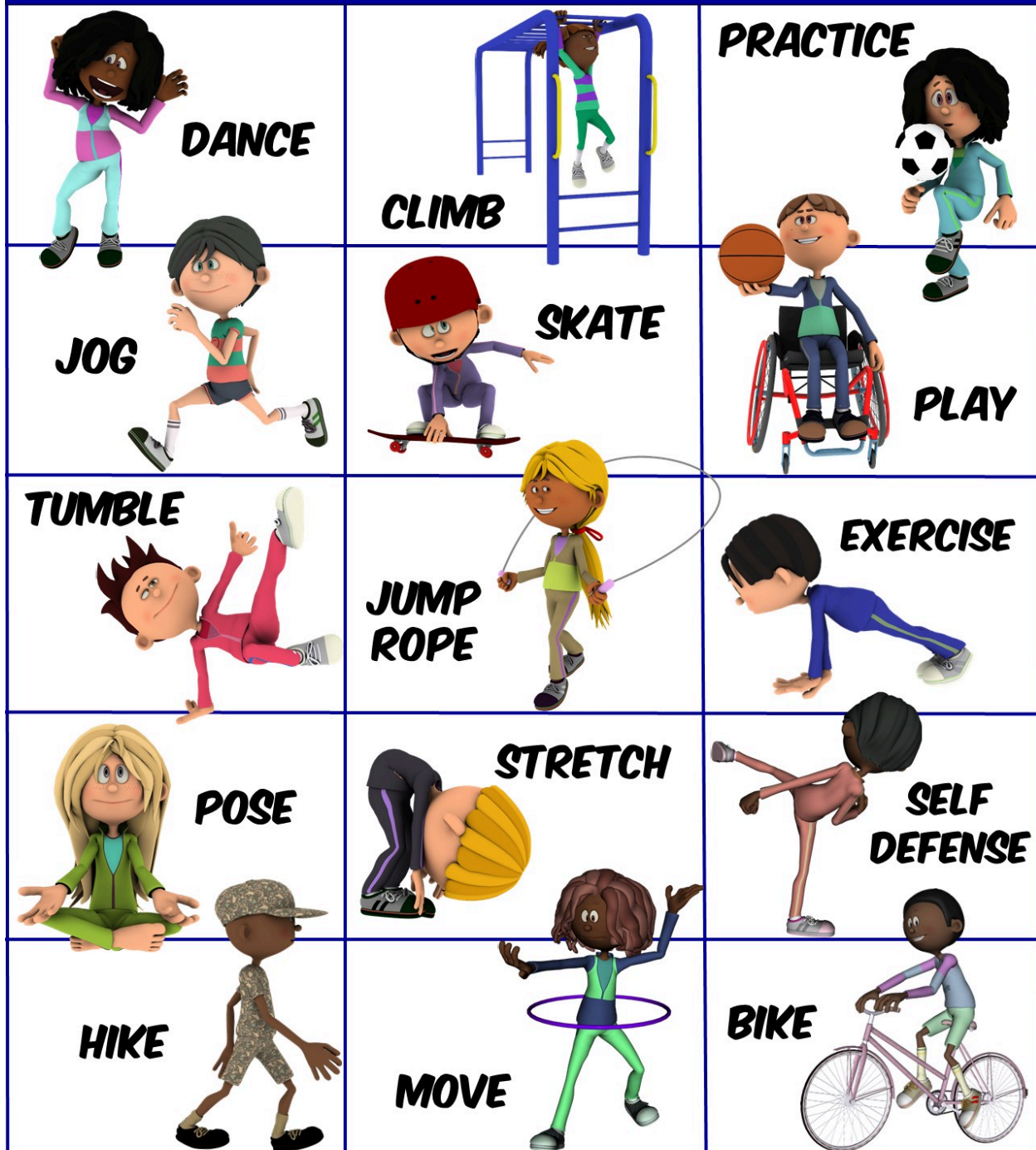


MEET OTHERS

P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

©Pete Charrette (Cap'n Pete), 2019

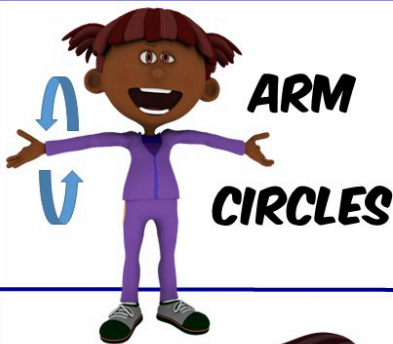
WHAT WILL I DO WHEN I GET HOME TODAY?



P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

©Pete Charrette(Cap'n Pete), 2019

HEALTHY MOVEMENTS FOR THE CLASSROOM



**ARM
CIRCLES**

**HEEL
TAPS**



**CHAIR
KICKS**



PUSH-UPS



**CHAIR
V-SIT**



DANCE



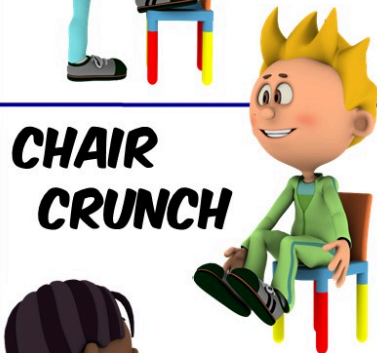
**CHAIR
STEPS**



**FLUTTER
KICKS**



**JOG
IN
PLACE**



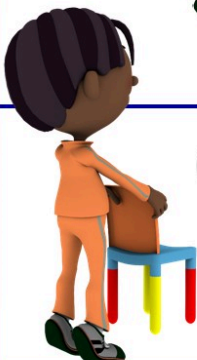
**CHAIR
CRUNCH**



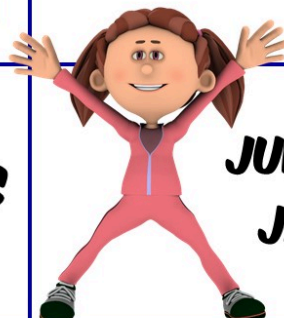
**ELBOW
TO
KNEE**



SQUATS



**CALF
RAISES**



**JUMPING
JACKS**



PLANK

P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

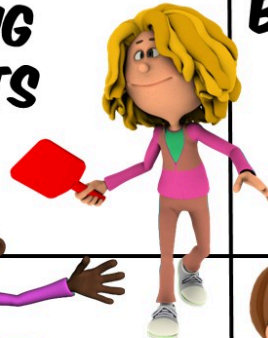
©Pete Charrette(Cap'n Pete), 2019

WHICH ACTIVITIES ARE CHALLENGING FOR ME?

SPRINTS



**STRIKING
SPORTS**



**BASKET
BALL**



**JUMP
ROPE**



**HULA
HOOP**

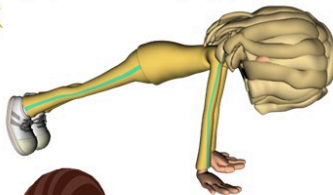


JUGGLING

**ENDURANCE
RUNS**



STRENGTH



**CUP
STACKING**



VOLLEYBALL

SOCCER

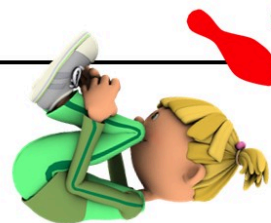


BOWLING



FLEXIBILITY

DANCE



TUMBLING

WHICH ACTIVITIES ARE EASY FOR ME?