

Distance Learning No Technology Needed Ideas

Keep in mind CDC Social Distancing Guidelines and safe practice while you are being active.

Create and do a stretch routine

Go for a Run

Go for a Walk

Ride a bike

Ride a scooter

Shoot baskets

Juggle dribble a soccer ball or hacky sack (could use wadded up sock for hacky sack)

Skateboard

Freestyle dance to a song

Create a dance routine/line dance

Dance some line dances you learned

Jump rope with a real or invisible rope

Trampoline

Create an obstacle course and time yourself doing it.

Do Wildcat warm up 3x a day

Golf in backyard

Create a new warmup for PE next year and do it 3x a day

Hula Hoop

Create and do your own workout routine

Create and use a frisbee golf course in backyard (might use items from around the house for this)

Plank for increasing amounts of time

Juggle scarves or wadded up socks

Pass and set volleyball to yourself

Draw a hopscotch course with sidewalk chalk and play that 3 times a day

Questions? PE teachers can be reached at:

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