

PE Week 1 April 13-17 Lessons

You may pick 2 or more of the activities you would like to participate in for the week. If you have any questions feel free to email coach Lothian or Coach V.

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<u>Monthly Calendars</u> April Daily Calendar For All Grades	<u>Skill/ Exercise of the Week</u> Throwing and Catching Videos for Throwing and Catching For All Grades	<u>Game of the Week</u> Hot Potato Tag For All Grades
<u>Fitness Log 3rd-5th Grade Challenge</u> Try to keep track of your daily fitness. What do you do when you exercise or do a physical activity? How long do you do it for? Fitness Log Feel free to share this with Coach Lothian and Coach V! For Grades 3rd-5th	<u>Character Development Challenge</u> Grit/Determination The ability to keep working toward a goal, overcoming challenges and sticking with it even when it's hard. Grit/ Determination Video <u>Weekly Challenge:</u> Try something new this week and do not give up when it gets hard. Feel Free to share with Coach Lothian and Coach V! For All Grades	<u>Nutrition Challenge</u> Intro to Nutrition Why is breakfast the most important meal of the day? Breakfast means 'break the fast', as the previous meal is typically 8-10 hours before waking up in the morning. Breakfast is important in re-fuelling the body with energy and nutrients, kick-starting the day. If breakfast is skipped, the result can be feeling lethargic and tired and lead to difficulty concentrating and behavior difficulties in the school environment. Read more about the importance of Breakfast For All Grades

Other:

Fitness Video- <https://www.youtube.com/watch?v=WmGjxU3Ggko>

For Grades 2nd-5th

Dance- Zumba (I like to move it) <https://www.youtube.com/watch?v=ymigWt5TOV8>

For All Grades