

March 16, 2020

Hello Families,

We all hope that everyone is safe and healthy during this virus situation. As you know, CVUSD is utilizing distance learning in order to limit contacts and hopefully slow the spread of COVID-19.

Attached is a packet with activities, challenges and learning opportunities for students in our Physical Education classes. This packet is appropriate for students in grades K-5. Materials come from openphysed.org. Open this site and scroll down to where it has a section of Active Home Active Schools. This section is on the far left.

Part One:

This section is called “Active Fun with Families” and includes games and activities that families and children can play together. Feel free to adjust the activities to fit what equipment or supplies that you already have. For example, on the “Fun with Scoops” activity, gallon milk cartons cut into half can make a scoop. Other activities include, utilizing gonoodle.com for dance and yoga videos as well as YouTube; we recommend Core 5 Fitness for Kids Superhero Workout, Fitness Blender Kids Workout, Crazy Kid Cardio Workout and Ultimate 20 Minute Full Body Workout for Kids.

Please keep in mind the CDC recommendations: Wash hands frequently, keep Social Distancing and refrain from touching your hands to your face and mouth.

Part Two:

In the DEAM section of the Open Active Home website, openphysed.org/activeschools/activehome, you will find calendars for March and April. There is a suggested activity for each day. If the daily activity does not match CDC recommendations, or is unable to be completed, feel free to choose an activity from another day.

Part Three:

This is a Rotating Content Packet for K-2 and 3-5.. You can find it at the Elementary Home Physical Education section of the Active Home page in openphysed.org.

Part Four:

On openphysed.org you will find an ACTIVE HOME section. Under Physical Education at Home, you will find a 2 week Physical Activity Log. Here the students can record how many minutes each day that they were active. The recommended amount of activity is 60 minutes daily. This log will be collected by the teacher when school resumes.

****For 4th and 5th grade students participating in the Fitnessgram:

Remember to keep working on your physical fitness. Challenge yourself to improve especially in push-ups, curl-ups and the sit and reach. If you can safely run a mile (with supervision) set a time goal and work for improvement. Remember that the 20 meter pacer run is also an option. See how many times you can jog the 20 meter space without stopping.

Stay healthy, stay active and have FUN!

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