

PE Class K-5 Week #3

If you and your family have found ways to get some exercise that everyone enjoys, do that. This is a time to have fun and do something different. Fitness should be fun for kids. We are encouraging lifelong fitness and fun should be the number one goal!

Keep being active.

Grade	<u>Activity 2- Online Activity</u> I was shared this awesome website for extra activities to do around the house!! Please take a look here and get creative!
K-5	<ul style="list-style-type: none">- There is this app you can download on your phone called Tabata. Tabata is a high intensity interval training routine that is quick, a lot of fun and allows for some collaboration and creativity. The app is very simple and breaks down all the information for you. Basically, you pick anywhere between 3-5 exercises (Jumping jacks, squats, lunges, run in place, crunchies, push ups, literally anything) and you do a work out. The way Tabata works is time related. You work out for :30 and then rest for :20 and then move onto the next workout. If I picked 3 movements for my workout, my workout would look like this:<ul style="list-style-type: none">- Complete 4 rounds (doing all moves once is one round then rest 1:00 min)- 1: Squats (:30 seconds of squats then rest :20) Move on to 2- 2: Push up (:30 Seconds of work - :20 seconds rest - next move- 3: Jumping jacks (:30 seconds - rest :20 seconds)- REST 1 MIN then repeat circuit 3 more times <p>I just typed a lot of instructions but honestly it is a lot of fun and different. If you are up for it, give it a try, send me an email, a video, a letter ANYTHING! I am so excited to hear how everyone did!</p> <p>MORE IMPORTANTLY: Just get out and move together! Fitness should be fun and the more you can do together, the more fun and important it comes off to kids! Thank you for your continued support!</p>