

# PE Class K-5

My number one goal is to provide my students activities that they enjoy and practice lifelong fitness. This is a great opportunity to have some fun with your family and all interact together. Truthfully, I would love for students to get at least 30-60 min of 'fun' that gets their heart rate and body moving daily. Below are just some suggestions that I have and stumbled upon but please, if there is something you and your family can actively do together, by all means, DO IT!!

Grade	<u>Activity 1- Online Activity</u> **click on the blue words to send directly to the activity	<u>Activity 2- Offline Activity</u>
<p style="text-align: center;"><b>K-2</b> <b>(find something fun because fitness should be fun for kids)</b></p>	<p>Youtube has some wonderful activities for kids to do. March is technically our "Fitness and Nutrition Month" so activities such as dancing, walking, jumping, basically anything that can create movement and get the heart rate up will do.</p> <ul style="list-style-type: none"> <li>- For all around fitness (<a href="https://www.youtube.com/watch?v=L_A_HiHZxfl">https://www.youtube.com/watch?v=L_A_HiHZxfl</a>)</li> <li>- For some fun dancing (you'll get a laugh out of it (<a href="https://www.youtube.com/watch?v=sHd2s_saYsQ">https://www.youtube.com/watch?v=sHd2s_saYsQ</a>)</li> <li>- Even COMCAST has some awesome fitness videos for kids to do!</li> </ul> <p>Basically - JUST MOVE!! Bike, walk, run ANYTHING!</p>	<p>Go outside and go for a walk, sprints, anything! This can be a fun time for all family to be together and get some exercise.</p>
<p style="text-align: center;"><b>3-5</b> <b>(have fun and get moving anyway you seem fit!)</b></p>	<p>These students may have a little more freedom in their movements. Whether that be a walk, a jog, strength training, etc, just get at least 30-60 min daily would be my suggestion. Again Comcast has some awesome videos that they can venture down some new avenues of fitness!</p> <ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=lc1Ag9m7XQo">https://www.youtube.com/watch?v=lc1Ag9m7XQo</a> a HIIT (High intensity interval training) workout</li> <li>- Yoga (<a href="https://www.youtube.com/watch?v=X655B4ISakg">https://www.youtube.com/watch?v=X655B4ISakg</a>)</li> <li>- Get outside and move as a family!</li> </ul>	<p>.Go outside and go for a walk, sprints, anything! This can be a fun time for all family to be together and get some exercise.</p> <p>Even on a rainy day, you can walk up and down stairs carrying your backpack for "loaded carries."</p> <p>Kids can get creative and make an obstacle course, let them be creative!</p>