

# PE Class K-5 Week #2

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. I have a surprise coming next week, be on the lookout :)

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 <a href="#">here</a> and get creative!	<u>Activity 2- Offline Activity</u>
<b>K-2</b>	<p>Making an obstacle course would be a an awesome activity! Jumping, leaping, hopping, skipping, throwing, anything are awesome skills to add to our obstacle course.! Make sure they clean up too! That is also part of the recommendation haha!</p> <ul style="list-style-type: none"> <li>• Again Comcast and youtube have great ideas as well.</li> <li>• <a href="https://jr.brainpop.com/">https://jr.brainpop.com/</a> (username: tucks / password: point - - - Type in nutrition and or exercise into the search bar. AWESOME and funny videos)</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>
<b>3-5</b>	<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.brainpop.com/">https://www.brainpop.com/</a> (same user name and password as above).Type in “food groups and nutrition” in the search bar for a great online learning tool.</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>