

# PE Class K-5 Week #5

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.

<p>Grade</p> <p>K-5</p>	<p><u>Online Activity:</u> User name: Tucks - Password: Point</p> <p><u>K-2:</u> Exercise: <a href="https://jr.brainpop.com/health/bewell/exercise/">https://jr.brainpop.com/health/bewell/exercise/</a></p> <p><u>3-5:</u> Fitness Video (Brainpop) <a href="https://www.brainpop.com/health/personalhealth/fitness/">https://www.brainpop.com/health/personalhealth/fitness/</a></p>
	<p>The beginning of April is our track and field unit. I usually introduce sprint and hurdle races, relays, shot put, foam javelin and an obstacle course.</p> <p>-Sprint relays: I usually set up a track with cones, one straight away and then I also set up a race that would represent one lap around a track to be my “distance race.” Kids LOVE getting into a sprinter stance and seeing what they get for time.</p> <p>- Shot put: I actually have children sized shot puts in my equipment closet but honestly a basketball or soccer ball would be just fine. The key here though is they don’t “throw it” they push it. I have them usually mark their shots with a cone to see their progression.</p> <p>Hurdles: The students love this one! This also can be simplified for any home as well. I set up things for them to hurdle/leap over (taking off of one foot and landing on the other) in a straight line. Ideas for hurdles could be stacked solo cups, clothes, backpack, pillows, anything! Have fun with it!</p> <p>-It would be fun to test these out on a weekly basis. The students love seeing their ‘time’ in these activities and we could always see how they improve!</p> <p><b>SEND ME VIDEOS OR PICTURES.. Please :) Thanks for the awesome ones I have received already!</b></p> <p><b>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!</b></p>