

Physical Education Information

Parents,

All students were given a form of an exercise log. We want all students to get their heart rates up for a period of time, do some strength exercises, and stretch. Parents, you can do these with your children if you like.

Following, are some interactive websites that have exercises along with other health information. All are user friendly.

<https://www.fitnessblender.com> We are excited to share Fitness Blender's very first **workout** video for **kids**. This is a 25 minute routine that runs through three different **games** in order to help burn ...

<https://www.gonoodle.com/> GoNoodle is available everywhere **kids** are! Families. Inspire movement and mindfulness at home. Learn More. Educators. Empower change that extends beyond the classroom.

www.hhph.org: hip hop public health is an organization dedicated to helping kids and their families live healthy and active lives.

<http://www.nourishinteractive.com> Fun games to learn about health, nutrition and exercise

<https://kidshealth.org/> Great interactive website for health, nutrition and fitness.

<https://www.superkidsnutrition.com>. A comprehensive tool that promotes eating 5-9 servings of fruits and vegetables per day for **students** K-5

Coach Brown & Coach Ford

Physical Education -Kindergarten-2nd

Parents, Following is a physical education lesson for your child to do at home, including a physical activity log for you to sign. If you or your child need some exercise ideas you can go to: darebee.com. A great source with explanations.

Standards	Standard 3: The physically literate individual achieves and maintains a health enhancing level of physical activity and fitness
Learning Targets/I Can Statements	I can exercise at home to improve my health.
Essential Question(s)	Do I exercise enough to keep myself healthy?
Resources	Fitness Log, (on back)
Learning Activities or Experiences	<p>The student will participate in their own fitness plan.</p> <p>Your workout needs to include the four following health fitness components:</p> <p>20 minutes Cardiovascular Endurance - examples: dance, walking, jogging, biking, marching, playing basketball, bouncing on trampoline</p> <p>5 minutes Muscular endurance & strength -planks, push-up, curl-up, wall sits, tabletop,</p> <p>5 minutes Flexibility - stretching: straddle stretch, reach for toes with straight legs, bridge</p>

Dates _____

Date Week 1	Type of exercise	Time (30 minutes)	Parent Signature (ink only)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			
Date Week 2	Type of Exercise	Time (30 minutes)	Parent Signature (ink only)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

