

Dear Families,

We have created lessons for students to complete daily. Students have two options for each day to choose from. Our goal is that students move each day just like when they come to P.E. class. Students should engage in at least 20 minutes a day of movement, but 60 minutes is highly encouraged. Along with these activities we have monthly calendars with additional options. Please feel free to reach out to us with questions we are available during school hours. For students with IEP goals in PE there will be information on adaptations posted on the District 65 website. You can also contact our Adapted PE Specialist Steve Breen at [Breens@district65.net](mailto:Breens@district65.net) for support with adaptations.

Resources:

<https://drive.google.com/file/d/1mUZ5XS90tAkEm8jQdyllm5hRTv7Md3kz/view?usp=sharing>

[Go Noodle](#)

[Cosmic Kid Yoga](#)

[UNICEF Kid Power-Ups](#)

[Tabata Timer Workout](#)

<b>Elementary Physical Education E-Learning</b>	<b>K-2nd</b>	<b>3-5th</b>
Day 1	Option 1: 20 minutes of GoNoodle  Option 2: Fitness Activity 1 (see below)	Option 1: 20 minutes of GoNoodle  Option 2: Fitness Activity 1 (see below)

Day 2	<p>Option 1: Cosmic Yoga (20minutes)</p> <p>Option 2: 20 minutes of Fitness Activity (see examples below)</p>	<p>Option 1: UNICEF Kid-Power ups (20mins)</p> <p>Option 2: 20 minutes of Fitness Activity (see examples below)</p>
Day 3	<p>Option 1: 20 minutes of GoNoodle</p> <p>Option 2: Fitness Activity 2 (see below)</p>	<p>Option 1: 20 minutes of GoNoodle or Cosmic Yoga (20minutes)</p> <p>Option 2: Fitness Activity 2 (see below)</p>
Day 4	<p>Option 1: Cosmic Yoga (20minutes)</p> <p>Option 2: Practice throwing with rolled up socks--turn, step, throw, follow through</p>	<p>Option 1: UNICEF Kid-Power ups (20mins)</p> <p>Option 2: Go for a 20 minute walk/run</p>
Day 5	<p>Option 1: 20 minutes of GoNoodle</p> <p>Option 2: Practice throwing with rolled up socks--turn, step, throw, follow through</p>	<p>Option 1: 20 minutes of GoNoodle or Cosmic Yoga (20minutes)</p> <p>Option 2: Fitness Activity 2 (see below)</p>
Day 6	<p>Option 1: Cosmic Yoga (20minutes)</p> <p>Option 2: Create an obstacle course with pillows, blankets, and chairs. Practice going under, over, and around.</p>	<p>Option 1: UNICEF Kid-Power ups (20mins)</p> <p>Option 2: Fitness Activity 2 (see below)</p>
Day 7	<p>Option 1: 20 minutes of GoNoodle</p> <p>Option 2: Go for a 20 min walk</p>	<p>Option 1: 20 minutes of GoNoodle</p> <p>Option 2: Go for a 20 min walk</p>

Day 8	<p>Option 1: Cosmic Yoga (20minutes)</p> <p>Option 2: Pretend to be animals who like the snow. Walk like a walrus, polar bear, penguin, seal</p>	<p>Option 1: UNICEF Kid-Power ups (20mins)</p> <p>Option 2: 20 minute choice activity</p>
Day 9	<p>Option 1: 20 minutes of GoNoodle</p> <p>Option 2: Pretend to be different animals that move at a different speed and levels (turtle slow and low, giraffe tall and quick, Bear, frog, etc. )</p>	<p>Option 1: 20 minutes of GoNoodle or Cosmic Yoga (20minutes)</p> <p>Option 2: Fitness Activity 3 (see below)</p>
Day 10	<p>Option 1: Cosmic Yoga (20minutes)</p> <p>Option 2: Jump rope or imaginary jump rope for 20 minutes</p>	<p>Option 1: UNICEF Kid-Power ups (20mins)</p> <p>Option 2: Fitness Activity 3 (see below)</p>
Day 11	<p>Option 1: 20 minutes of GoNoodle</p> <p>Option 2: Balloon Games (see below)</p>	<p>Option 1: 20 minutes of GoNoodle</p> <p>Option 2: Balloon Games (see below)</p>
Day 12	<p>Option 1: Cosmic Yoga (20minutes)</p> <p>Option 2: Go for a 20 min walk</p>	<p>Option 1: UNICEF Kid-Power ups (20mins)</p> <p>Option 2: Go for a 20 min walk</p>
Day 13	<p>Option 1: 20 minutes of GoNoodle</p> <p>Option 2: Fitness Activity 3 (see below)</p>	<p>Option 1: 20 minutes of GoNoodle</p> <p>Option 2: Fitness Activity 3 (see below)</p>
Day 14	<p>Option 1: Cosmic Yoga (20minutes)</p>	<p>Option 1: UNICEF Kid-Power ups (20mins)</p>

	Option 2: Fitness Activity 4 (see below)	Option 2: Fitness Activity 4 (see below)
Day 15	Option 1: 20 minutes of GoNoodle  Option 2: Fitness Activity 5 (see below)	Option 1: 20 minutes of GoNoodle  Option 2: Fitness Activity 5 (see below)

[Adapted P.E.](#)

### Balloon Games (Day 11)

#### **Balloon Basketball**

Place a laundry basket on either end of the room and see which team can score the most points by getting the balloon into the basket. Try playing the game different ways. These sound easy, but watch out since the other team is trying to steal the balloon. Options include:

- hitting the balloon into the air across the room
- carrying it on one finger
- one hit per step
- bounce the balloon off the floor

#### **Balloon Skills**

Build gross motor and coordination skills through one of these balloon skills activities.

- Keep the balloon in the air using both hands or only one hand at a time.
- Balance the balloon on your hand or a fly swatter while walking around the room.
- Keep the balloon in the air by hitting it with your foot, knee, elbow, or head.
- Hit the balloon up and turn in a circle before hitting it again.
- Keep the balloon in the air by blowing it up.
- Hit the balloon up. See how many times you can clap before hitting the balloon again.
- Keep two balloons in the air at the same time.

#### **Balloon Volleyball**

This is one of our favorite indoor games. As soon as the days grow shorter and we can no longer play outside in the evenings, my girls are begging for a game of **balloon volleyball**. You can choose an imaginary boundary or **setup a real one**. Don't be fooled, this game can work up quite a sweat once you get going!

## **Exercise/Fitness/Sports Ideas**

- Walking/running
- Basketball
- Soccer
- Throwing/catching
- Jump Rope
- Scooter
- Biking
- Volleyball
- Hula Hoop
- Tag games
- Walk/run in place
- Fitness warm up activities
- Dance

Fitness Activity 1



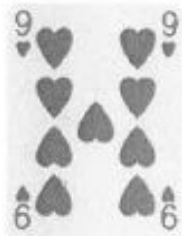
## Fitness Activity 2

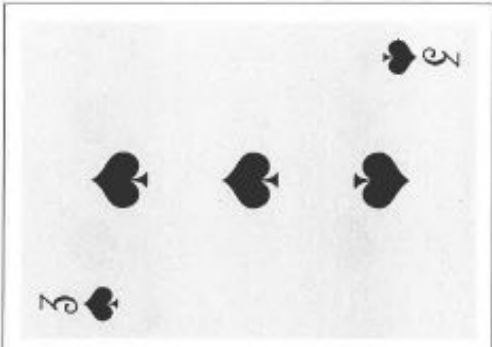
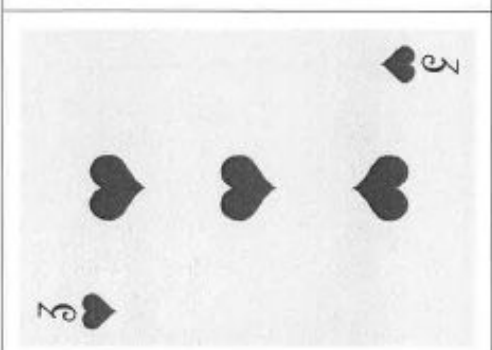
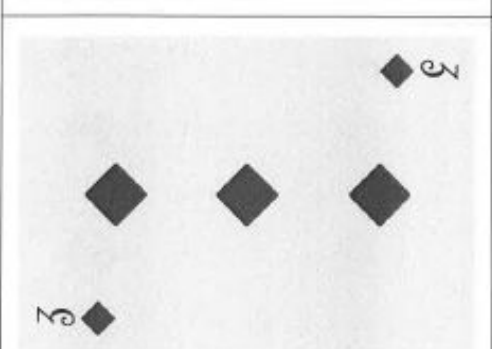
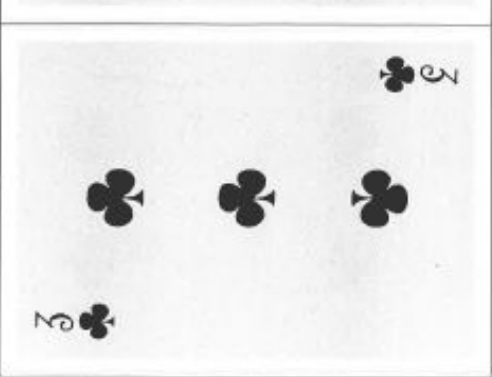
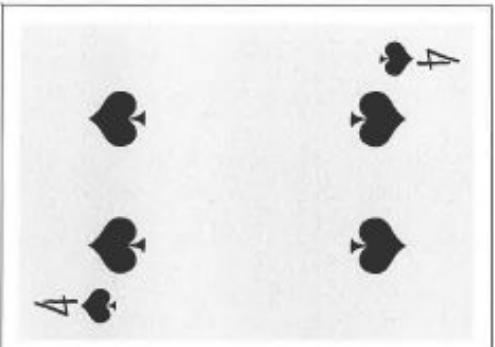
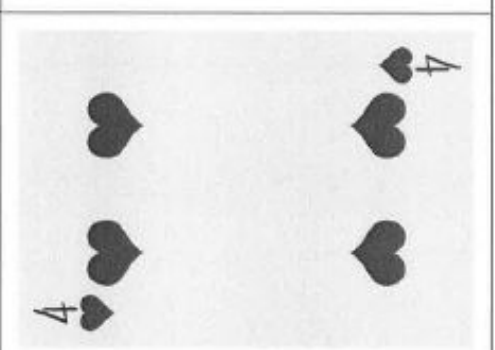
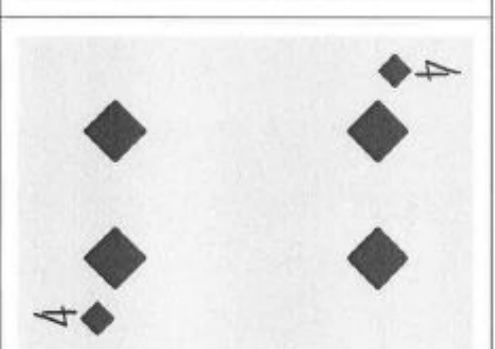
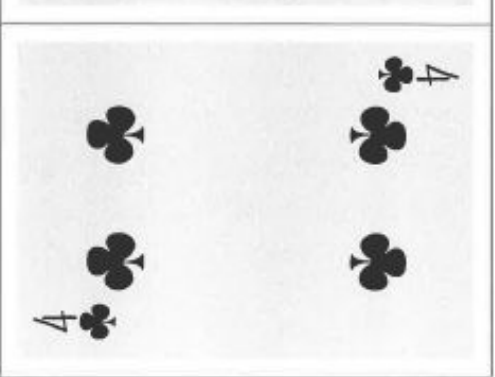
### Deck Fitness

- Each card is associated with a specific exercise that is done
- The number on the card tells you how many times or seconds the exercise is done
- Kings, Queens, and Jacks are 10X the exercise.
- Aces are a "your choice". You can decide which exercise you would like to do 10X
- After you take your turn, it's your partner's turn to go. Continue to take turns for 15 minutes.

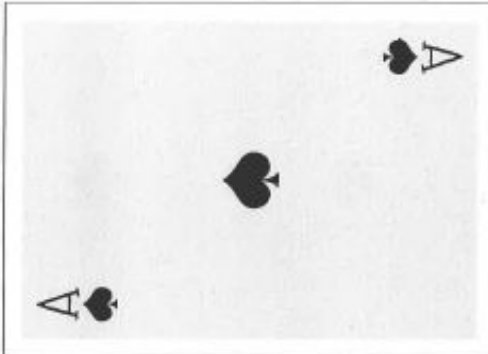
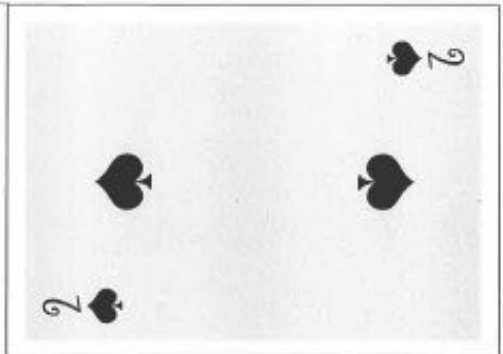
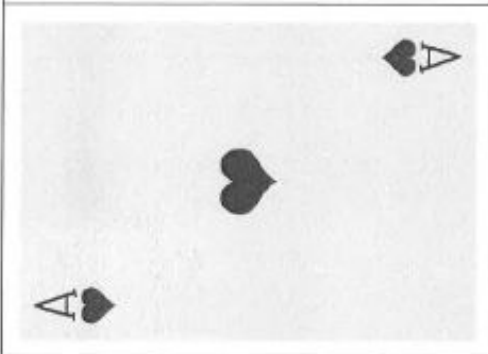
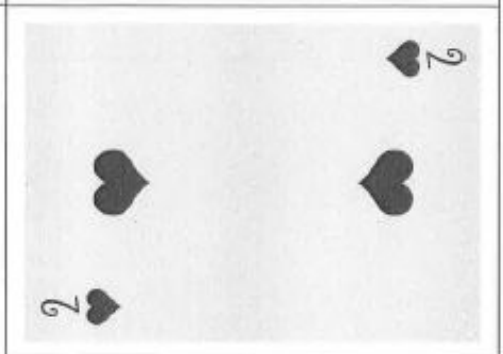
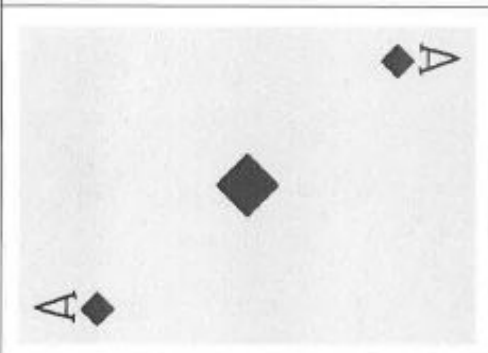
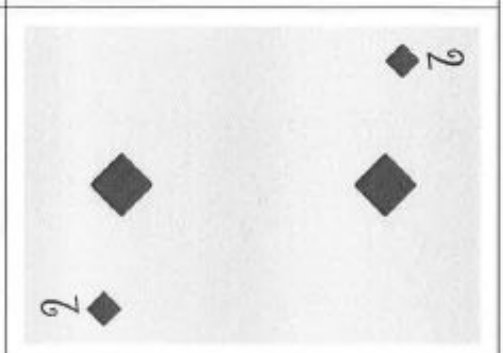
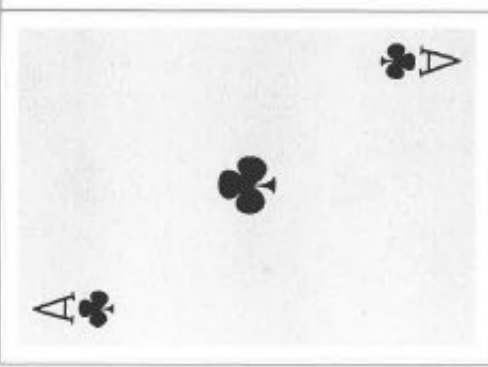
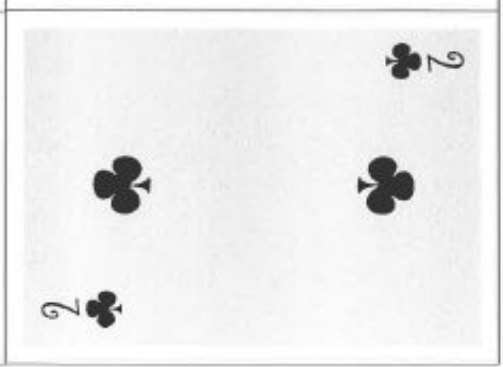
Spades	Mountain Climbers
Hearts	Jumping Jacks
Clubs	PUsh-Ups
Diamonds	Sit - Ups
King	Burpees (10)
Queen	Planks (10 seconds)
Jack	Jog in place (10 seconds)
Ace	Your Choice

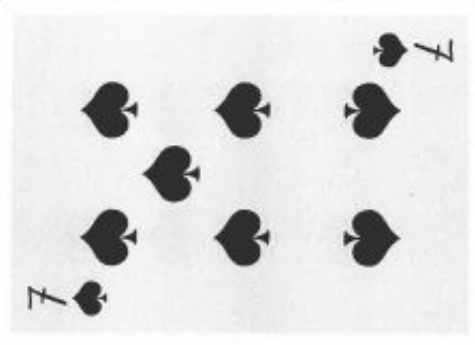
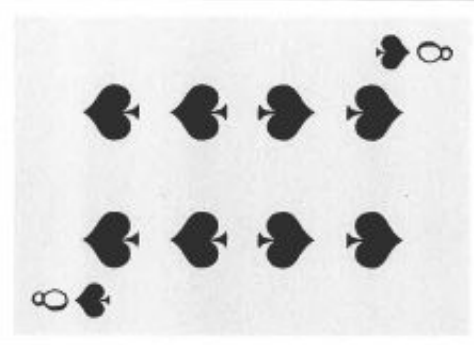
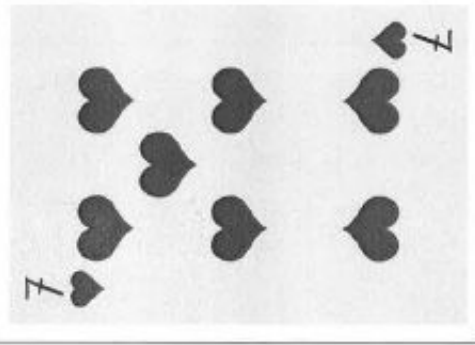
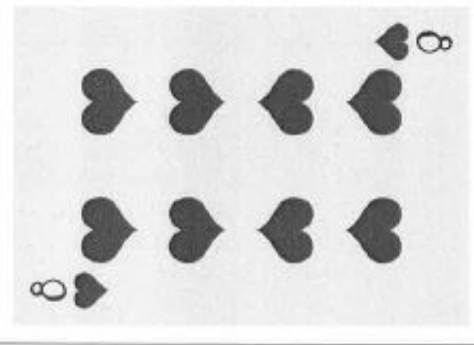
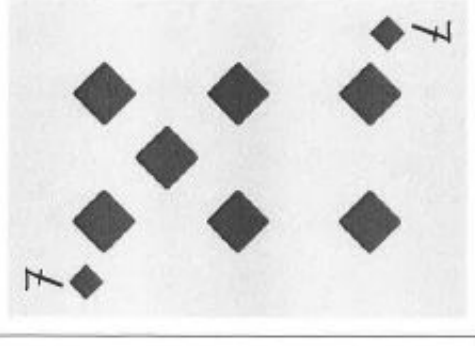
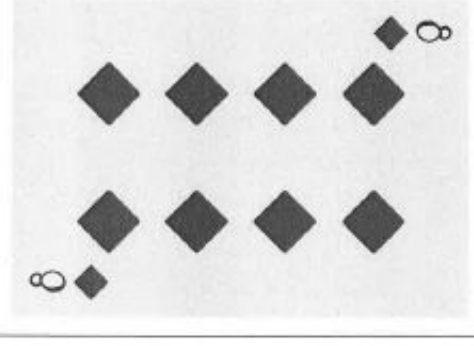
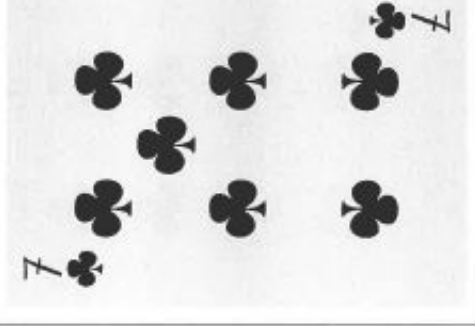
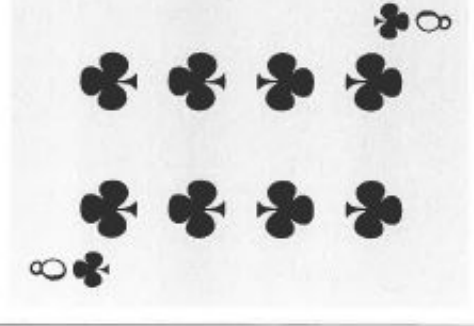
Example: If I picked the 9 of Hearts, I would do 9 Jumping Jacks

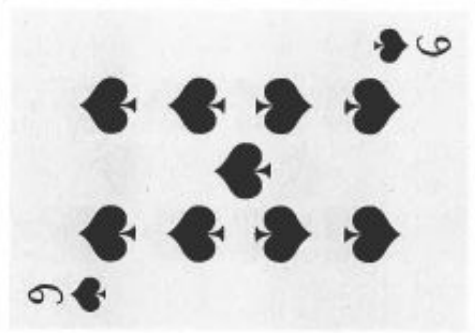
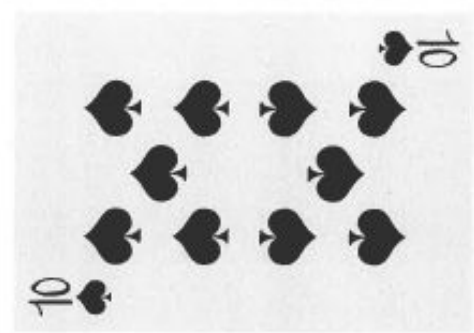
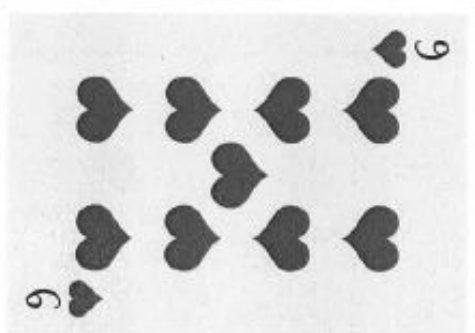
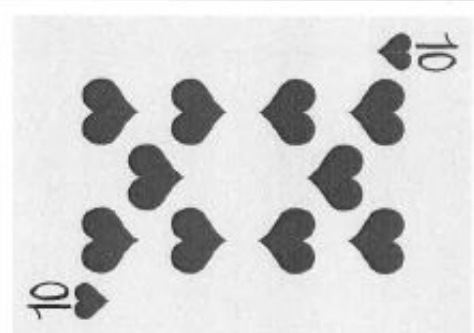
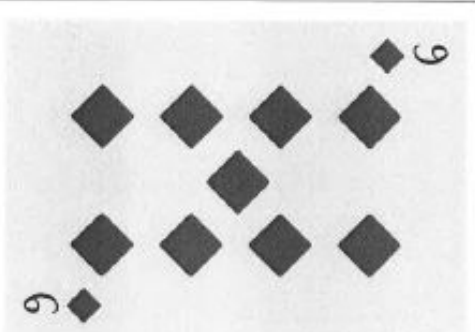
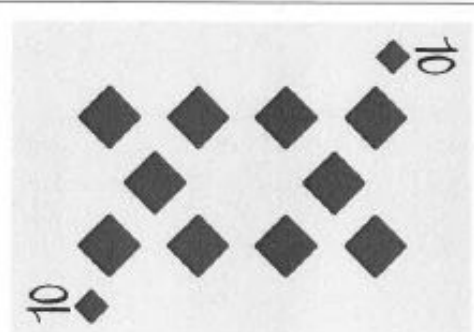
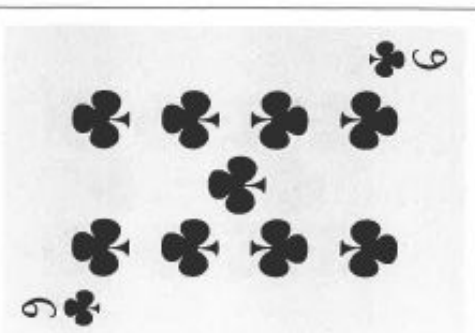
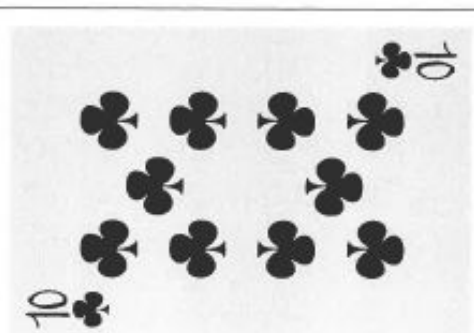


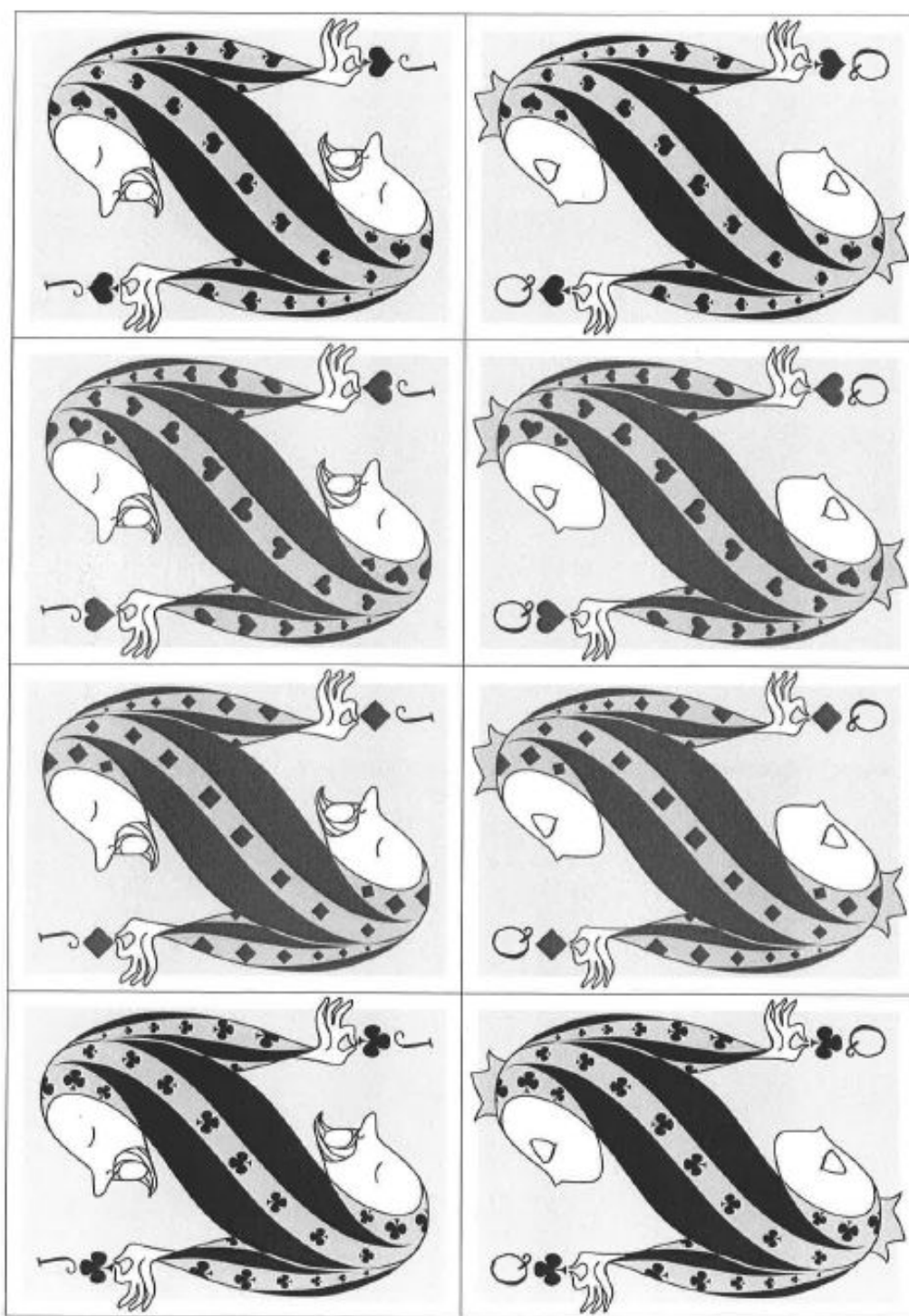
			
			

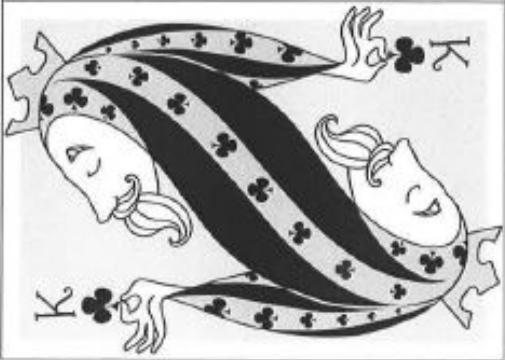
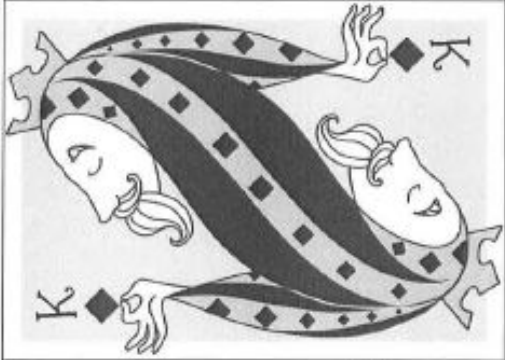
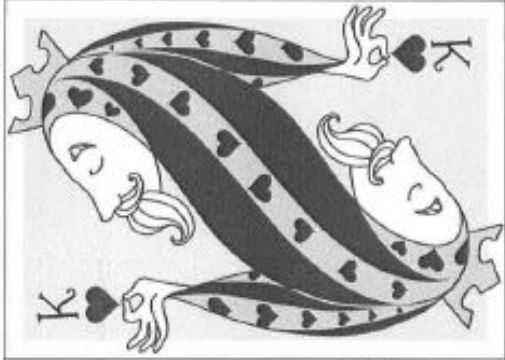
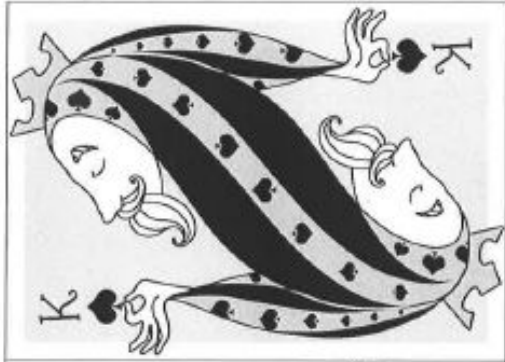


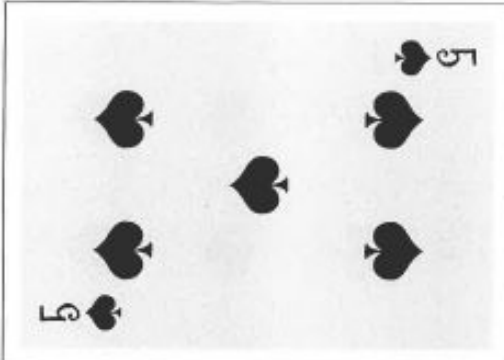
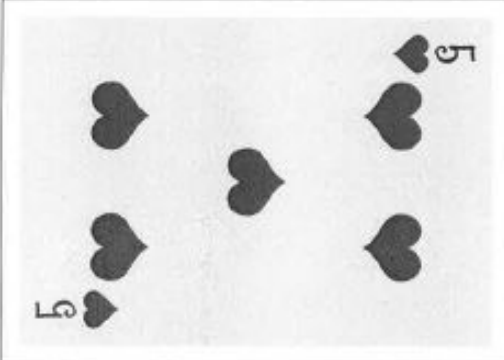
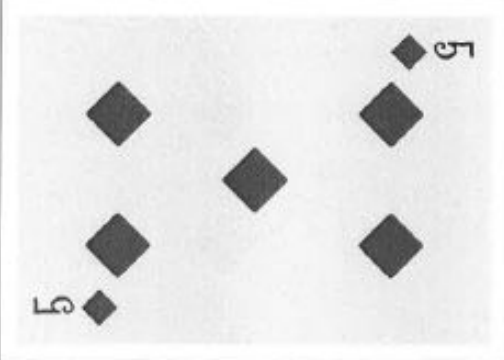
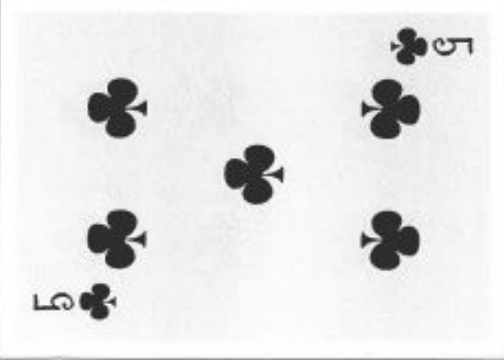
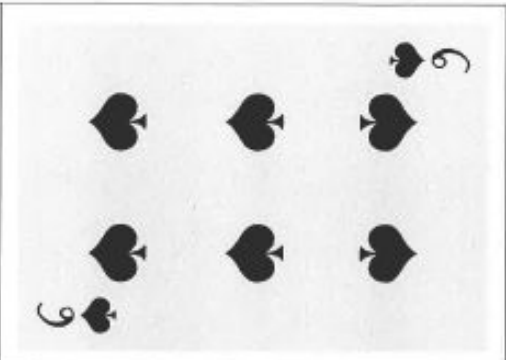
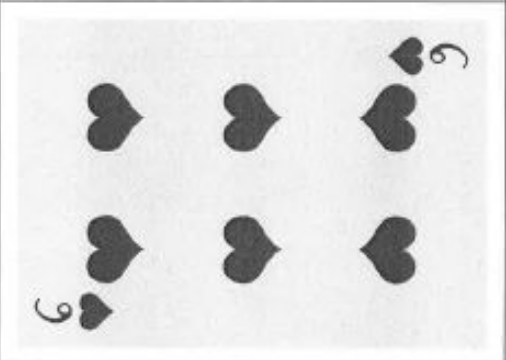
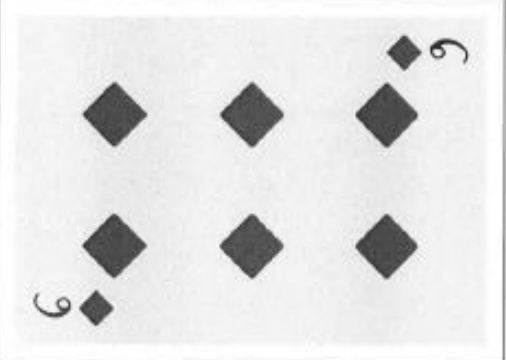
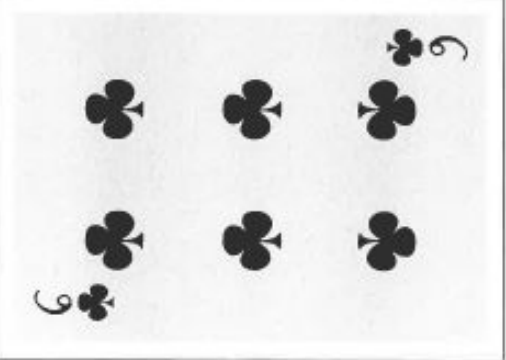
 <p>Ace of Spades</p>	 <p>Two of Spades</p>
 <p>Ace of Hearts</p>	 <p>Two of Hearts</p>
 <p>Ace of Diamonds</p>	 <p>Two of Diamonds</p>
 <p>Ace of Clubs</p>	 <p>Two of Clubs</p>

 <p>Seven of Spades: A card with seven spade symbols. The symbols are arranged in a 2-3-2 pattern. The number '7' and a spade symbol are in the top-left and bottom-right corners.</p>	 <p>Eight of Spades: A card with eight spade symbols arranged in two vertical columns of four. The number '8' and a spade symbol are in the top-left and bottom-right corners.</p>
 <p>Seven of Hearts: A card with seven heart symbols. The symbols are arranged in a 2-3-2 pattern. The number '7' and a heart symbol are in the top-left and bottom-right corners.</p>	 <p>Eight of Hearts: A card with eight heart symbols arranged in two vertical columns of four. The number '8' and a heart symbol are in the top-left and bottom-right corners.</p>
 <p>Seven of Diamonds: A card with seven diamond symbols. The symbols are arranged in a 2-3-2 pattern. The number '7' and a diamond symbol are in the top-left and bottom-right corners.</p>	 <p>Eight of Diamonds: A card with eight diamond symbols arranged in two vertical columns of four. The number '8' and a diamond symbol are in the top-left and bottom-right corners.</p>
 <p>Seven of Clubs: A card with seven club symbols. The symbols are arranged in a 2-3-2 pattern. The number '7' and a club symbol are in the top-left and bottom-right corners.</p>	 <p>Eight of Clubs: A card with eight club symbols arranged in two vertical columns of four. The number '8' and a club symbol are in the top-left and bottom-right corners.</p>

 <p>A 9 of spades and a 6 of spades. The 9 has 9 spade symbols arranged in a 3x3 grid with a central spade. The 6 has 6 spade symbols arranged in two columns of three.</p>	 <p>A 10 of spades and a 6 of spades. The 10 has 10 spade symbols arranged in two columns of five. The 6 has 6 spade symbols arranged in two columns of three.</p>
 <p>A 9 of hearts and a 6 of hearts. The 9 has 9 heart symbols arranged in a 3x3 grid with a central heart. The 6 has 6 heart symbols arranged in two columns of three.</p>	 <p>A 10 of hearts and a 6 of hearts. The 10 has 10 heart symbols arranged in two columns of five. The 6 has 6 heart symbols arranged in two columns of three.</p>
 <p>A 9 of diamonds and a 6 of diamonds. The 9 has 9 diamond symbols arranged in a 3x3 grid with a central diamond. The 6 has 6 diamond symbols arranged in two columns of three.</p>	 <p>A 10 of diamonds and a 6 of diamonds. The 10 has 10 diamond symbols arranged in two columns of five. The 6 has 6 diamond symbols arranged in two columns of three.</p>
 <p>A 9 of clubs and a 6 of clubs. The 9 has 9 club symbols arranged in a 3x3 grid with a central club. The 6 has 6 club symbols arranged in two columns of three.</p>	 <p>A 10 of clubs and a 6 of clubs. The 10 has 10 club symbols arranged in two columns of five. The 6 has 6 club symbols arranged in two columns of three.</p>





 <p>Five of Spades: Five spade symbols arranged in a standard five-card pattern. The number '5' and a spade symbol are in the top-left and bottom-right corners.</p>	 <p>Five of Hearts: Five heart symbols arranged in a standard five-card pattern. The number '5' and a heart symbol are in the top-left and bottom-right corners.</p>	 <p>Five of Diamonds: Five diamond symbols arranged in a standard five-card pattern. The number '5' and a diamond symbol are in the top-left and bottom-right corners.</p>	 <p>Five of Clubs: Five club symbols arranged in a standard five-card pattern. The number '5' and a club symbol are in the top-left and bottom-right corners.</p>
 <p>Six of Spades: Six spade symbols arranged in two vertical columns of three. The number '6' and a spade symbol are in the top-left and bottom-right corners.</p>	 <p>Six of Hearts: Six heart symbols arranged in two vertical columns of three. The number '6' and a heart symbol are in the top-left and bottom-right corners.</p>	 <p>Six of Diamonds: Six diamond symbols arranged in two vertical columns of three. The number '6' and a diamond symbol are in the top-left and bottom-right corners.</p>	 <p>Six of Clubs: Six club symbols arranged in two vertical columns of three. The number '6' and a club symbol are in the top-left and bottom-right corners.</p>

### Fitness Activity 3

# what's your name? workout for beginners

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM. [WWW.MYFITNESSPLAN.COM](http://WWW.MYFITNESSPLAN.COM)

## Fitness Activity 4

# what's fit activity for kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |



## Fitness Activity 5

NAME: _____ Home Room Teacher: _____		How many can you do in 100 seconds?
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	

# Physical Education Fitness Calendar

**Directions:** Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

**Note:** If you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!

## March 2020


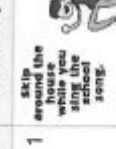

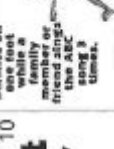


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>Hold onto a chair and stand on your tiptoe for 1 minute.</p> 	<p>2</p> <p>Lift one leg and take one step without putting your other foot down for 30 seconds. Repeat with the other leg.</p> 	<p>3</p> <p>Jog in place for 30 seconds in every room of your home.</p> 	<p>4</p> <p>Do 25 back leg's kicks per leg.</p> 	<p>5</p> <p>Hold the Superhero pose while you say the alphabet backward. Repeat 3 times.</p> 	<p>6</p> <p><b>Rest Day</b></p>	<p>7</p> <p>Do bicycle legs with a family member or friend for 60 seconds.</p> 	
<p>8</p> <p>Do 15 push-ups with a family member or friend.</p> 	<p>9</p> <p>Do a side plank for 30 seconds each arm.</p> 	<p>10</p> <p>Do side lunges 30 times per leg.</p> 	<p>11</p> <p>In the Superhero pose sit on a ball and read one entire page.</p> 	<p>12</p> <p><b>Rest Day</b></p>	<p>13</p> <p>Hold the Bird Dog position for 45 seconds per side.</p> 	<p>14</p> <p>Do 50 Jumping Jacks with a family member or friend.</p> 	
<p>15</p> <p>Do 25 front lunges per leg with a family member or friend.</p> 	<p>16</p> <p>Put your feet under the couch for 20 curl-ups.</p> 	<p>17</p> <p>Hold onto your feet while balancing on your bottom for 30 seconds.</p> 	<p>18</p> <p><b>Rest Day</b></p>	<p>19</p> <p>Do side leg lifts 30 times per leg.</p> 	<p>20</p> <p>Do high knees while singing the school song.</p> 	<p>21</p> <p>Hold hands with a family member or friend and do 25 squats together.</p> 	
<p>22</p> <p>Challenge a family member or friend to a "Blank without laughter" competition. When you're laughing, close your eyes and when you're laughing, open your eyes.</p> 	<p>23</p> <p>Challenge a family member or friend to a "Blank without laughter" competition.</p> 	<p>24</p> <p><b>Rest Day</b></p>	<p>25</p> <p>Do 30 Wall Push-ups.</p> 	<p>26</p> <p>See how many push-ups you can do in 30 seconds.</p> 	<p>27</p> <p>Put your toes under the couch and do 15 curl-ups.</p> 	<p>28</p> <p>Challenge a family member or friend to a "Y balance" competition.</p> 	
<p>29</p> <p>Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>30</p> <p><b>Rest Day</b></p>	<p>31</p> <p>Pick One Of Your Favorite Days And Do It Again!!!</p>	<p>Student Name: _____ Parent Signature: _____                  Classroom Teacher: _____</p>				<p>Check off (✓) when you finish each day</p>

# Physical Education Fitness Calendar

**Directions:** Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

**Note:** if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

## April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Student Name:</b> _____</p> <p><b>Parent Signature:</b> _____</p> <p><b>Classroom Teacher:</b> _____</p>						
<p>Get some cans of food and do arm circles with a partner or family member or friend. Use both arms.</p> <p>5</p> 	<p>Keep your legs straight while you breathe in. Breathe in through your nose and exhale through your mouth. Do this for the class.</p> <p>6</p> 	<p>Do the butterfly stretch while saying "butterfly" out loud.</p> <p>7</p> 	<p>Hold a push-up position while saying the month of the year 3 times.</p> <p>1</p> 	<p>Skip around the house while you sing school songs.</p> <p>2</p> 	<p>Grab Walk from the kitchen to the living room. If it's too far, walk down the stairs!</p> <p>3</p> 	<p>Balance on one foot while a family member or friend sings the ABC song 3 times.</p> <p>11</p> 
<p>Challenge a family member or friend to do "Mountain Climber To 50" Back.</p> <p>2</p> 	<p>Put your feet together and do arm circles. If you have a partner, use it!</p> <p>13</p> 	<p>Dance to one of your favorite songs.</p> <p>14</p> 	<p>Reach up off the floor 15 times.</p> <p>8</p> 	<p>Do squats while watching 3 commercials on T.V.</p> <p>9</p> 	<p>Grab one stretchy rope for 30 seconds. Repeat using the same rope with your eyes closed.</p> <p>17</p> 	<p>Hold a push-up position while giving a high five to a family friend 25 times.</p> <p>18</p> 
<p>Stand in front of a mirror and flex or move every muscle you can think of.</p> <p>19</p> 	<p>Get some cans of food and make a family member or friend sing a favorite song.</p> <p>20</p> 	<p>Spell your full name while you jump in the air for each letter.</p> <p>21</p> 	<p>Rest Day</p> <p>22</p>	<p>Reach and touch your toes counting to 30. Do at least 3 times.</p> <p>23</p> 	<p>Do 50 side bends. While doing them, say your favorite song out loud.</p> <p>24</p> 	<p>Challenge a family member or friend to a jump rope or jack race to 50" contest.</p> <p>25</p> 
<p>Do 100 Jumping Jacks.</p> <p>26</p> 	<p>With your back flat against the wall, do the Wall Sit for 60 seconds.</p> <p>27</p> 	<p>Rest Day</p> <p>28</p>	<p>Make up your own fitness challenge and draw it on the back of this paper.</p> <p>29</p>	<p>Pick One Of Your Favorite Days And Do It Again!!!</p> <p>30</p> 		<p>Check off (✓) when you finish each day</p>

# Physical Education Fitness Calendar

**Directions:** Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

**Note:** if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

## May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Student Name:</b> _____ <b>Classroom Teacher:</b> _____	<b>Parent Signature:</b> _____	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3</b> Do squats while singing the school song.	<b>4</b> Do 15 push-ups.	<b>5</b> Hold a plank position while counting to 100 by 5's.	<b>6</b> Do 25 back leg kicks for each leg.	<b>7</b> Ask a family member to read a short passage to you while you hold a plank.	<b>8</b> Do 50 windmills touching one foot, then the other.	<b>9</b> <b>Rest Day</b>
<b>10</b> Reach to both sides of your body while listening to your favorite songs.	<b>11</b> Stretch your legs while you watch 3 commercials on T.V.	<b>12</b> Reach for one hand counting to 25 backwards. Repeat for the other leg. Do that 3 times per leg.	<b>13</b> Do 50 Jumping Jacks with a family member or friend.	<b>14</b> In a straddle position reach for eye see and count to 14 for the other leg. Do that 3 times per leg.	<b>15</b> <b>Rest Day</b>	<b>16</b> Hold one foot behind and counting to 16. Repeat for the other foot. Do that 3 times per leg.
<b>17</b> Do jumping jacks every time a commercial comes on T.V.	<b>18</b> With both hands, see how far you can reach. Breathe in and out 10 times.	<b>19</b> Jog in place while counting to 100 by 5's. Repeat by a family member or friend.	<b>20</b> With legs crossed and arms up, touch your feet to the ground as far as you can. Repeat 3 times per side.	<b>21</b> <b>Rest Day</b>	<b>22</b> Do 50 lunges.	<b>23</b> Put your toes under the couch and do 15 curl-ups.
<b>24</b> Do a plank while spelling your full name backwards 3 times.	<b>25</b> Do windmills while you count to 100 by 2's.	<b>26</b> Hold a plank position while counting to 50.	<b>27</b> <b>Rest Day</b>	<b>28</b> Do a jumping Jack for every letter of the alphabet.	<b>29</b> Jog 3 times around the outside of your home or block.	<b>30</b> Make up your own fitness challenge and create the back of this paper.
<b>31</b> Pick One of Your Favorite Days And Do it Again!!!	<b>EXERCISE</b>					

Estimadas familias,

Tenemos lecciones para que los estudiantes las completen diariamente.

Los estudiantes tienen dos opciones todos los días Nuestra meta es que los estudiantes hagan actividad física como los hacen la clase de educación física. Los estudiantes deben ejercitar 20 minutos mínimo, pero 60 minutos es ideas. Además de estas actividades tenemos calendarios que otras opciones. Favor de comunicarse con nosotros si tiene preguntas durante el horario regular de clases. Para los alumnos con planes de estudio individualizados habrá como modificar el aprendizaje de la educación física en el sito del distrito 65.. Se puede comunicar con Adapted PE Specialist Steve Breen at [Breens@district65.net](mailto:Breens@district65.net).

Recursos:

<https://drive.google.com/file/d/1mUZ5XS90tAkEm8jQdyllm5hRTv7Md3kz/view?usp=sharing>

[Go Noodle](#)

[Cosmic Kid Yoga](#)

[UNICEF Kid Power-Ups](#)

[Tabata Timer Workout](#)

<b>Aprendizaje electrónica de educación física</b>	<b>Kinder a 2ndo grados</b>	<b>3ero a 5to grados</b>
Día 1	Opción 1: 20 minutos GoNoodle (hay un link en la parte superior de este tablero)  Opción 2: Actividad física 1 (está explicada en la parte inferior de este tablero)	Opción 1: 20 minutos de GoNoodle (hay un link en la parte superior de este tablero)  Opción 2: Actividad física 1 (está explicada en la parte inferior de este tablero)
Día 2	Opción 1:: Yoga cósmica	Opción 1::UNICEF Kid-Power

	<p>(20minutos) (hay un link en la parte superior de este tablero)</p> <p>Opción 2: Actividad física 20 minutos</p>	<p>ups (20mins) (hay un link en la parte superior de este tablero)</p> <p>Opción 2: Actividad física 20 minutos</p>
Día 3	<p>Opción 1: 20 minutos GoNoodle</p> <p>Opción 2: Actividad física 2</p>	<p>Opción 1: 20 minutos GoNoodle o yoga cósmica 20 minutos</p> <p>Opción 2: Actividad física 2</p>
Día 4	<p>Opción 1: Yoga cósmica (20minutos)</p> <p>Opción 2: Usar calcetines/ medias enrolladas para practicar lanzar-voltar, pisar, lanzar, proyectar</p>	<p>Opción 1: UNICEF Kid-Power ups (20mins)</p> <p>Opción 2: Camina o corre por 20 minutos</p>
Día 5	<p>Opción 1: 20 minutos GoNoodle</p> <p>Opción 2: Usar calcetines/ medias enrolladas para practicar lanzar-voltar, pisar, lanzar, proyecta</p>	<p>Opción 1: 20 minutos GoNoodle o yoga cósmica 20 minutos</p> <p>Opción 2: Actividad física 2</p>
Día 6	<p>Opción 1: Yoga cósmica (20minutos)</p> <p>Opción 2: Crear una pista con obstáculos: almohadas, cobijas y sillas. Práctica meterse por debajo, encima y alrededor.</p>	<p>Opción 1: UNICEF Kid-Power ups (20mins)</p> <p>Opción 2: Actividad física 2</p>
Día 7	<p>Opción 1: 20 minutos GoNoodle</p> <p>Opción 2: Camina por 20 minutos</p>	<p>Opción 1: 20 minutos GoNoodle</p> <p>Opción 1: 20 minutos GoNoodle</p>

Día 8	<p>Opción 1: Yoga cósmica (20minutos)</p> <p>Opción 2: Actúa como un animal que le gusta caminar en la nieve. Camina como una morsa, oso polar, pingüino, y/o foca.</p>	<p>Opción 1: UNICEF Kid-Power ups (20mins)</p> <p>Opción 2: elegir una actividad y hacerla por 20 minutos</p>
Día 9	<p>Opción 1: 20 minutos GoNoodle</p> <p>Opción 2: Actúa como los animales que se mueven a velocidades diferentes: tortuga lenta y bajito, jirafa rápida y estirada, oso, rana, etc.</p>	<p>Opción 1: 20 minutos GoNoodle o yoga cósmica 20 minutos</p> <p>Opción 2: Actividad física 3</p>
Día 10	<p>Opción 1: Yoga cósmica (20minutos)</p> <p>Opción 2: Saltar con una cuerda o cuerda imaginaria por 20 minutos</p>	<p>Opción 1: UNICEF Kid-Power ups (20mins)</p> <p>Opción 2: Actividad física 3</p>
Día 11	<p>Opción 1: 20 minutos GoNoodle</p> <p>Opción 2: Juegos con los globos (está explicada en la parte inferior de este tablero)</p>	<p>Opción 1: 20 minutos GoNoodle</p> <p>Opción 2: Juegos con los globos (está explicada en la parte inferior de este tablero)</p>
Día 12	<p>Opción 1: Yoga cósmica (20minutos)</p> <p>Opción 2: Camina por 20 minutos</p>	<p>Opción 1: UNICEF Kid-Power ups (20mins)</p> <p>Opción 2: Camina por 20 minutos</p>
Día 13	<p>Opción 1: 20 minutos GoNoodle</p> <p>Opción 2: Actividad física 3</p>	<p>Opción 1: 20 minutos GoNoodle</p> <p>Opción 2: Actividad física 3</p>

Día 14	Opción 1: Yoga cósmica (20minutos) Opción 2: Actividad física 4	Opción 1: UNICEF Kid-Power ups (20mins) Opción 2: Actividad física 4
Day 15	Opción 1: 20 minutos GoNoodle Opción 2: Actividad física 5	Opción 1: 20 minutos GoNoodle Opción 2: Actividad física 5

[Adapted P.E.](#) (Esto es el “link” para la educación física modificada. )

### Juegos de globos (Día 11)

#### **Baloncesto de globos**

Se ponen dos cestos para ropa en dos extremos de una habitación y se trata de poner el globo en el cesto. Se recibe un punto cada vez que se coloca el globo en el cesto y se debe jugar con dos equipos. Trata de jugar de varias maneras. Aparentemente parece fácil pero se complica cuando el otro equipo trata de quitar el globo. Otras opciones son:

- pegar el globo y que atraviese la habitación
- carrying it on one finger balancear el globo en un solo dedo
- un golpe al globo cada vez que se da un paso
- trata de rebotar el globo del piso

#### **Destrezas con el globo**

Build gross motor and coordination skills through one of these balloon skills activities.  
Desarrolla destrezas motrices con estas actividades.

- Mantén el globo en el aire con dos manos o una mano a la vez.
- Balancea el globo en la mano o en un matamoscas mientras camina.
- Pega el globo con el pie, la rodilla, codo o cabeza y mantén el globo en el aire.
- Pega el globo al aire y da una vuelta completa antes de pegar el globo de nuevo.
- Mantén el globo elevado al soplar.
- Hit the balloon up. See how many times you can clap before hitting the balloon again. Pega el globo al aire y mira cuantas veces puedes aplaudir antes de pegar al globo de nuevo.
- Mantén dos globos en el aire a la vez.



## **Voleibol de globos**

Este juego es uno de los más divertidos. Se debe tener una cancha y red imaginarias y jugar contra alguien. Este juego ejercita mucho al cuerpo.

### **Ideas acerca de deportes/ejercicio**

- Caminar/correr
- Baloncesto
- Soccer/Fútbol
- Lanzar y atrapar
- Saltar la cuerda
- Scooter/Patineta
- Montar bicicleta
- Voleibol
- Hula Hula
- Juegos de chapa /Tag
- Caminar o correr en el mismo lugar
- Actividades de calentamiento
- Bailar