

Hi families! During this time where our children are doing "school from home" over the next couple weeks, I would love to help offer some great Physical Educational ideas to help break up the monotony of the day. I have included a chart as well for the kids to fill out with what type of activity and for how long they were active each day.

*2nd-5th Graders will be taking the Flexibility test upon return to school! Please encourage stretching over the break! This test is where they sit with legs stretched out in front of them with toes pointed up. They will reach onto a board while keeping legs flat on the ground to see how far they can reach.

*6th Graders will have the sit-up and push-up test when we all return to school. Please encourage them to keep working on it. Flexibility test will be shortly upon return.

Sit-ups are for 60 seconds. These must be a full sit up, with arms crossed over their chest & hands on their shoulders or hands behind the head.

Push-ups are how many they can do by continuously moving and doing a 90 degree angle pushup.

PE at home can be fun!

As a family you can decide how many of the activities to do- a new challenge each day, or maybe just one per week. I'd love to hear which ones the kids enjoyed over our "school at home" time! Please have the students bring a chart back for a reward! I know how much some of our kids LOVE to workout with their parents! Many of the students tell me frequently that they workout "everyday" with their dad, mom, etc. Remember, modify anything to make it fun, so the kids don't end up disliking exercise!

Let's Get Moving Daily Chart <http://homeschooljourneys.com/wp-content/uploads/2012/07/lets-get-moving.pdf>

K-2nd Grade: Your Name Workout- <https://www.730sagestreet.com/name-workout/> TRY THE FIT ACTIVITY FOR KIDS VERSION!

3rd-4th Grade: Your Name Workout- <https://www.730sagestreet.com/name-workout/> TRY THE WORKOUT FOR BEGINNERS VERSION!

5th-6th Grade: Your Name Workout- <https://www.730sagestreet.com/name-workout/> TRY THE EXTREME WORKOUT VERSION!

Fitness Blast – Commercial Break Workout Challenge

Before you all sit down to enjoy your favorite television show **make a quick list of 5-8 exercises.**

Our go-to list usually includes **jumping jacks, burpees, sit-ups, push-ups, jumping rope and squats.**

Depending on the age of your kiddos you might select different exercises.

The “leader” shouts the name of the exercise and everyone gets started when the first set of commercials come on.

Each family member counts their own reps and **the winner is the one who has completed the most when the scheduled television show returns.** Whoever wins gets to be the “leader” for the next commercial break.

Sincerely,
Mrs. Sorensen