**Revised Elementary Physical Education**

Hello!  In order for your child to meet the physical education requirements we are asking that your child do some sort of physical activity for 25 minutes one day a week.  Below are several lists or links as examples. Feel free to use these as you see fit. Our goal as a department is to create lifelong learners so if there is an activity you or your child comes up with on their own that is fitness related please feel free to use that.  It is NOT required that the students inform me what they are doing but if you would like to email a video, picture or summary I do enjoy hearing from the kids! Thank you for working with your child to help meet their Physical Education requirement during this time.

1. <https://www.cosmickids.com/>

Cosmic kids is a yoga site with videos ranging from 10-30 minutes long that will allow students to do yoga while also giving them a story! For example, there is a Moana yoga that tells the story in a fun and engaging way!

1. [Fitness Blender-At home workouts](https://www.youtube.com/user/FitnessBlender/search?query=1000)

The fitness blender youtube channel has a wide variety of different exercise videos that can be as short as 10 minutes or as long as 30! Videos focus on stretching warmups, high intensity workouts, and a cool down. During PE we have done a variety of different exercises so learners should be able to follow along quite nicely at home.

1. Fitness Dice!

Roll two dice and add the numbers together. Look at the fitness sheet and do the exercise together as a family. You can make this game as short or long as desired!

[Fitness Dice with easy to make dice](https://docs.google.com/document/d/14SpFhOe1mNC5YJTDuW2Y_WNgV4lPgfcmCpR7ZszqjY8/edit?usp=sharing)

1. Move Your Body Activity

Follow the instructions and learn some body parts to move. Great activity for kindergarten and first grade

[Move your body-cut out cards including](https://docs.google.com/document/d/1CDJ_TLsLVRGvD4tFXaTjgPO9mQl1GGFwn_o8h-YlwFE/edit?usp=sharing)

1. Animal Charades

Follow the instructions and move like animals around the house! Great activity for kindergarten and first grade.

[Animal Charades with pictures](https://docs.google.com/document/d/1vzu5yVyXfZ-7mRUDtoTqxyzLl98JA7Nx8X-GPHTGWIs/edit?usp=sharing)

1. Simon Says!

Play a few games of Simon says, let family members take turns for who is the caller

1. Sports Word Searches

 .             [Sports Word Searches-basketball/football/baseball](https://docs.google.com/document/d/1QyPU51Mr39Ap6zntzObsteuHYdtadrhtuZOrpZW59q4/edit?usp=sharing)

8.    Kids fitness workout

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

9.    Kids Bop Dance Video workout

<https://www.youtube.com/watch?v=sHd2s_saYsQ>

10.  Family Cardio (fun if you have a fitbit and want to track your movement!)

<https://www.youtube.com/watch?v=5if4cjO5nxo>

Play OUTSIDE. Go for a walk, play basketball, jump rope, kick a soccer ball around, jump on a trampoline etc.