

What's up students and parents!

I hope everyone is staying safe out there and we will miss teaching you in PE class while we are not at school, but the good news is you already have all the skills, tools and knowledge you need to keep your body healthy.

I hope you can use all that we've learned in PE this and previous years to stay active each day and if it's safe and the weather is nice you could even try to get outside and play in your yards to keep yourselves active.

We have included some daily exercises for you to try out and also some activities that you can check out if you get bored or need a fun activity to do.

In order to meet physical education goals during this time students must be physically active for **60 minutes each day**. You can use a physical activity log to record your activity time. Remember, activity time doesn't have to happen all at once. You can add up your total activity throughout the day to equal 60 minutes.

By staying active and completing this physical activity log you're meeting the following SHAPE America National Physical Education Grade-level Outcomes:

Grades K-5 (Physical Activity Knowledge)

Standard 3 [E1.K,2,3a,5] Identifies active play opportunities outside physical education class (K); Describes physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family) (2); Charts participation in physical activities outside physical education class (3a); Charts and analyzes physical activity outside physical education class for fitness benefits of activities (5).

Grades 6-8 (Engages in Physical Activity)

Standard 3 [M2.6-8] Participates in self-selected physical activity outside of physical education class (6); Participates in a physical activity twice a week outside of physical education class (7); Participates in physical activity three times a week outside of physical education class (8).

These are some websites to help students stay active:

Gonoodle.com / Getclassfit.com

Please feel free to contact us at any time with questions, in need of ideas, resources, etc.

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¿Qué pasa estudiantes y padres!

Espero que todos se mantengan seguros allí y extrañaremos enseñarlo en la clase de educación física mientras no estamos en la escuela, pero la buena noticia es que ya tiene todas las habilidades, herramientas y conocimientos que necesita para mantener su cuerpo saludable.

Espero que puedan usar todo lo que hemos aprendido en educación física este y años anteriores para mantenerse activos todos los días y, si es seguro y el clima es agradable, incluso podrían intentar salir y jugar en sus patios para mantenerse activos.

Hemos incluido algunos ejercicios diarios para que pruebe y también algunas actividades que puede consultar si se aburre o necesita una actividad divertida.

Para cumplir con los objetivos de educación física durante este tiempo, los estudiantes deben estar físicamente activos durante 60 minutos cada día. Use puede usar un registro de actividad física para registrar su tiempo de actividad. Recuerde, el tiempo de actividad no tiene que suceder de una vez. Puede sumar su actividad total durante el día para que sea igual a 60 minutos.

Al mantenerte activo y completar este registro de actividad física, estás cumpliendo con los siguientes resultados de SHAPE America para la educación física nacional:

Grados K-5 (Conocimiento de actividad física)

Estándar 3 [E1.K, 2,3a, 5] Identifica oportunidades de juego activo fuera de la clase de educación física (K); Describe actividades físicas para participar fuera de la clase de educación física (por ejemplo, antes y después de la escuela, en casa, en el parque, con amigos, con la familia) (2); Gráficos de participación en actividades físicas fuera de la clase de educación física (3a); Grafica y analiza la actividad física fuera de la clase de educación física para conocer los beneficios físicos de las actividades (5).

Grados 6-8 (participa en la actividad física)

Estándar 3 [M2.6-8] Participa en actividades físicas autoseleccionadas fuera de la clase de educación física (6); Participa en una actividad física dos veces por semana fuera de la clase de educación física (7); Participa en actividad física tres veces por semana fuera de la clase de educación física (8).

Estos son algunos sitios web para ayudar a los estudiantes a mantenerse activos:

Gonoodle.com / Getclassfit.com

No dude en contactarnos en cualquier momento si tiene preguntas, necesita ideas, recursos, etc.

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Here are a variety of exercises/ideas to help you stay physically active/healthy for 60 minutes per day.

_____ Go jogging 10 minutes	_____ Do 20 sit up ups	_____ Do 20 sit ups
_____ Eat 2 veggies in 1 day	_____ Dance 10 minutes	_____ Do 10 reach jumps x 2
_____ Dust the house	_____ Online exercise video	_____ 30 Windmills
_____ Ride your bike for 10 minutes	_____ Do 60 second wall sit x 2	_____ Jog high knees in place 20 second 3 times
_____ Play with a hula hoop 10 minutes	_____ Play a tag game for 10 minutes	_____ Do 30 jumping jacks
_____ Walk for 10 minutes or run for 5 minutes	_____ Plank for 25 seconds x2	_____ jump as high as you can 10 times
_____ Dribble a basketball 10 minutes, practice with different hands	_____ Shoot a basketball 15 minutes	_____ go for a walk with a family member
_____ Jump rope 5 minutes	_____ Do Arm Circles for 20x each direction	_____ Leg raises x10 each leg
_____ Make up a dance	_____ Play catch with a friend or parent	_____ Make a fort
_____ Toe touches hold for 15 seconds 3x	_____ Do 20 sec. plank (push up position on elbows) x 2	_____ Climb up and down the stairs 10 times
_____ Hop on each foot 10xs	_____ eat a piece of fruit every day for a week	_____ Do 10 push ups
_____ Dribble a soccer ball 10 minutes (outside)	_____ Do butt kickers in place for 20 seconds x 3	_____ Frog jump as far as you can 5 times
_____ Bounce a ball 25 times	_____ run around the block with a parent once	_____ Do 15 mountain climbers
_____ Hike a hill 5 times	_____ Walk like a seal across the room 2 times	_____ Go up and down the stairs 10 times.
_____ Play kickball as a family	_____ Play baseball/softball with a family member.	_____ Sit and reach your toes 20 seconds 3 times
_____ Do an exercise video	_____ Do 15 standing squats 2 times	_____ Eat a fruit and veggie in the same day
_____ Do 15 wall push ups	_____ Read a story before bed	_____ Take your pet/dog for a walk
_____ Play a game from PE class	_____ Play in the yard 30 minutes	_____ Get 9 hours of sleep 2 nights in a row
_____ Do 20 sit ups	_____ Hop on one foot then the other 20 times	_____ Balance on each foot for 20 seconds 3 times
_____ Vacuum the house	_____ Eat breakfast each day for a week	_____ Skip around your home/outside 5 times
_____ Go outside	_____ Do 40 step ups	_____ Perform 20 mountain climbers

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<input type="checkbox"/> Walk like a crab 20 feet 2 times	<input type="checkbox"/> Play football catch with a sibling or parent	<input type="checkbox"/> Clean your room
<input type="checkbox"/> Watch TV for only one hour in a day	<input type="checkbox"/> Play a board game with your family	<input type="checkbox"/> Do something nice for your parents or family.
<input type="checkbox"/> Bridge 10 seconds 2 times	<input type="checkbox"/> Empty the dishwasher	<input type="checkbox"/> Fold 2 loads of laundry
<input type="checkbox"/> Your choice:	<input type="checkbox"/> Make 20 basketball shots	<input type="checkbox"/> Spend 10 minutes stretching