

Physical Education Home Resources

Hi everyone,

I hope everyone is staying healthy and safe. I miss seeing you all and teaching you Physical Education. The good news is, you already learned many of the skills, tools and knowledge you need to keep your body healthy!

My hope is you will use all that we have learned in gym class this year, to stay active each and everyday. If it's safe and the weather is nice, you could get outside and play to keep yourself active.

I challenge you to continue exercising each and every day. I've included some daily workouts and attached some links to resources for you to try.

Mrs. Romas

Stay Safe, Have Fun and Keep Yourself Active!

Skills Review

If you have any of the equipment below (frisbee, ball, jump rope, balloon etc), you can practice reviewing or working on any of the skills that we've learned in Physical Education this year.

Jump Rope: If you have a jump rope, practice skipping.

Throwing and Catching: If you have space in your yard and it's safe to go outside, try to practice throwing and catching with a family member with a ball/bean bag or a frisbee. If you don't have a ball, roll up some socks to form a "ball"

- [Underhand Throwing \(ball\)](#)
- [Overhand Throwing \(ball\)](#)
- [How to throw a Frisbee](#)

Bean Bag Activities: If you don't have bean bags you can use rolled up socks or make your own bean bag by filling up small zip lock bags with rice or lentils (be sure to seal tightly!!)



FrugalFun4Boys.com

Bean Bag Activities Con't.

Part 1: Toss and Catch

Toss bean bag straight up and then:

- Clap 1 time before it hits the floor.
- Clap 1 time and then try to catch it.
- Clap as many times as you can before it hits the floor.
- Clap as many times as you can and then try to catch it.
- Toss and turn 360 degrees before the bean bag hits the floor.
- Start with the beanbag on top of your foot. Flip it into the air and try to catch it.

PART 2: Balancing Act

With bean bag balancing on head, shoulders, or back:

- Balance on one foot. Shift to balance on the other foot.
- Sit and then stand again. If the beanbag falls, try again.
- In plank position, slowly slide your feet around in a circle.

Weight Transfer and Balance/Stability

Slow and Fast

- Use your foot to slowly slide the bean bag around the activity area.
- Slide the bean bag on the ground, back and forth from hand to hand. How fast can you make the bean bag slide while keeping it under control?

Differentiate between fast and slow speeds and strong and light force.

Striking a Balloon (awesome activity for Grades K-3)

- Blow up a balloon and practice striking it with different items in your house (or different body parts)
- What is the hardest item or body part to control the balloon with? What's your record for the most number of hits without moving your feet?
- [Here's an example of this balloon striking activity](#)
- **Balloon Ping Pong**



Basketball: If you have a basketball or playground ball, practice some of the ball handling drills and challenges that we worked on in the gym.

- [Ball Handling Drills Tutorial](#)
- [Ball Handling Drills Follow Along](#)

Soccer: If you have a soccer ball, practice some ball handling drills.

Check out this link - [Fun soccer drills kids can do with their parents.](#)

Daily Workout

beginner circuit

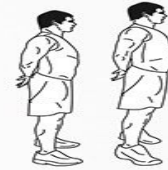
WORKOUT
by DAREBEE
© darebee.com
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



12 jumping jacks



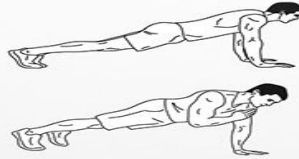
6 squats



6 calf raises



12 raised arm circles



6 shoulder taps



6 plank rotations

- 1. Jump rope:** If you have downstairs neighbors who complain, go in the hall or outside your building. For more fun, pick up a book of [jump-rope rhymes](#).
- 2. Obstacle course:** Create a [furniture course in your apartment](#)/house or take chalk and make a course outside. Add in specific mental or physical challenges to keep them guessing.
- 3. Wheelbarrow, crab, and bear-walk races:** Holding one of these tough positions gives you a real workout.
- 4. Animal races:** Hop like a bunny or frog; squat and waddle like a duck; and so on.
- 5. Balloon ball:** There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch.
- 6. Follow the leader:** Add to the workout with energetic movements such as jumping, stomping, and squatting.
- 7. Dance party:** Turn on the music and shake your groove *thang*.
- 8. Freeze dance:** When the music stops, freeze in your pose and hold it until the music begins again.

9. Jumping jacks: Simple but good for coordination and they get your heart going. When my kids can't sleep, I have them do 25 to tire out.

10. Parachute: This kiddie gym standby can be re-created at home with sheets. Each kid takes an end of the parachute or sheet and fans it upward while one of you runs underneath.

11. Bubble wrap attack: If you get bubble wrap in the mail, jump on it until it's all popped.

12. Clean-up race: Set a timer or put on a song to see who can right the room the fastest.

13. Hallway bowling: Fill up water bottles and use any ball you have.

14. Hopscotch: Use chalk or tape to make a game on your floor or outside your apartment or house.

15. Sock skating: If you have hardwood floors, put on socks to skate around. Try spins or hockey stops, or see who can slide the farthest. Make sure to move the furniture and watch for splinters. My kids also like to up the speed factor with a couple of pieces of wax paper under each foot.

Additional/Supplemental Online Resources and Activities for PE at Home

OPHEA Resources

- [50 Fitness Activities](#)

Free One Page Paper Workouts from Darebee.com ([Pick any of them here](#))

4 minute warmup: <https://darebee.com/workouts/4-minute-warmup-workout.html>

- Beginner Circuit: <https://darebee.com/workouts/beginner-circuit-workout.html>
- Quick HIIT: <https://darebee.com/workouts/quick-hiit-workout.html>

Online Follow Along Workouts

Check out these “Super Hero” workouts for kids - [Glenn Higgins Fitness](#)

- Tae Bo Kicks for Kids: 39 min - [Billy Blanks Tae Bo](#)
- Kids Workout: 25 min - [Jumping Jacks Gym](#)

Follow Along Yoga - Cosmic Kids Yoga

- Yoga, mindfulness and relaxation designed specifically for kids
<https://www.youtube.com/user/CosmicKidsYoga>

Follow Along Dances:

- Pick your favorite [Just Dance Video](#)

- Have students complete [GoNoodle Follow Along Dances](#)

Home Activities and Resources

- [Active Home Resources](#) from OPEN Phys Ed

Activity Log:

- Keep an activity log and track your activity over the break from school
 - [Activity Log](#)

Activity Calendar (do 1 activity per day)

- [Here's some examples from SHAPE America](#)

Health Related Links:

- SciShow Kids: [SciShow Kids](#)
- Dr. Bonics: [Dr. Bonics](#)