

### Physical Education Activities for K-8th

Hello students and families! I hope everyone is well and staying fit. Below you will find different options with links to choose from to stay active in the month of May. K-4th grade students' options are located directly under these instructions and 5th-8th grade students' options are after that. At the end of the document, you will find family activities for K-8th. Keep moving and have fun together! ~ Mr. Laureano

#### K-4th Students

Option 1	<p><a href="http://www.gonoodle.com/">http://www.gonoodle.com/</a> GoNoodle will get you up and moving to fun, engaging content and games. Participate in a dance party, yoga session, mindfulness activity or game session. All content and games were created by child development experts. GoNoodle allows children to interact with their tablet while accomplishing physical tasks. The website is free to use and the website has a variety of fun interactive movements for the whole family. You can access the website on your phone, tablet or computer. Click on the family link to get started! -Finish your GoNoodle activity time off with our stretching routine from class. Teach your family our routine!</p>
Option 2	<p><a href="http://www.cosmickids.com/">http://www.cosmickids.com/</a> Through this free website, you are able to choose from various activity levels and the length of a workout. The best way to access the workouts is to subscribe to their youtube channel. Each workout provides aerobic activity, improved focus, and muscular strengthening activities.</p>
Option 3	<p>Alphabet Bingo <a href="#">Alphabet Bingo</a> Click on the link above for access to ALPHABET BINGO!</p> <p>Click on the link below for a May calendar challenge. Challenge yourself to do the activity of the day! <a href="https://www.shapeamerica.org/publications/resources/teachingtools/teacher_toolbox/Activity_Calendars_English.aspx">https://www.shapeamerica.org/publications/resources/teachingtools/teacher_toolbox/Activity_Calendars_English.aspx</a></p>
Option 4	<p>Continue to check in on the link below for the May daily challenge. The challenge will get you ready for our main activity! <a href="https://www.shapeamerica.org/publications/resources/teachingtools/teacher_toolbox/Activity_Calendars_English.aspx">https://www.shapeamerica.org/publications/resources/teachingtools/teacher_toolbox/Activity_Calendars_English.aspx</a></p> <p>Main activity: You will be participating in a dice exercise game! Click on the link below to access the dice game instruction sheet. You can choose six of your favorite exercises and fill them in on the sheet provided. Or, if you need help deciding on 6 exercises, click the second link to find a variety of fun, creative exercises you can do. <a href="#">Dice Game</a></p>

	<p><b>Additional exercises and activity ideas:</b>  <a href="https://www.shapeamerica.org/uploads/pdfs/2020/resources/activity-ideas-calendar_english.pdf">https://www.shapeamerica.org/uploads/pdfs/2020/resources/activity-ideas-calendar_english.pdf</a></p>
Option 5	<p>Warm up: Continue to check in on the link below for the May daily challenge. The challenge will get you ready for our main activity!  <a href="https://www.shapeamerica.org/publications/resources/teachingtools/teacher_toolbox/Activity_Calendars_English.aspx">https://www.shapeamerica.org/publications/resources/teachingtools/teacher_toolbox/Activity_Calendars_English.aspx</a></p> <p>Main activity: There will be an indoor activity and an outdoor activity for you to try! The first activity is a family exercise "I Spy" game. This activity is a fun way to get outside and get some exercise as a family. The second activity is a great indoor activity called Cardio Land. Click on the links below to access the "I Spy" activity and the Cardio Land instruction sheet and game pieces.</p> <p>"I Spy" Game  <a href="#">I Spy</a></p> <p>Cardio Land Game:  <a href="#">Cardio Land - PE at Home.pdf</a></p> <p><b>Debriefing Questions:</b>  At the end of your activity, here are some things to debrief/think about...  - Give an example of a way you are staying healthy while at home.  - Give a family member a shoutout or name something that you are proud of that you did today.  - If you played this game again, what other exercises would you want to include?  - Set a goal as a family to start the Marathon activity and make a list of the activities you will do as a family to complete the goal.</p>

**5th-8th Students**

Option 1	<p>HIIT workouts or high intensity interval training workouts are a great idea to do at home. These are mostly made up of bodyweight exercises that you can do in the comfort of your own living room. Try to complete this circuit three times and it should take around 15-20 minutes.</p> <p>Squat Jumps - 15 reps  Burpees - 10 reps  Lunges - 10 each leg</p>
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	<p>Squats - 8 reps  Push-ups - 5 reps  Lunges - 10 each leg  Push-ups - 7 reps  Squats - 10 reps  Squat Jumps - 8 reps  Wall-sit - 1 minute  Push-ups - 10 reps  High Knees - 30 seconds</p> <p>TRY TO COMPLETE THIS CIRCUIT THREE TIMES IN 15-20 minutes</p>
Option 2	<p><b><u>Option #2: 5th-8th</u></b></p> <p>HIIT # 2 workout This high intensity interval training workout is a great idea to do at home. Try to complete this circuit three times and it should take around 15-20 minutes.</p> <p>20 sit ups  10 pushups  50 jumping jacks  40 bicycles  40 mountain climbers  10 pushups  1 minute plank hold  Repeat 2-3 times</p>
Option 3	<p><b><u>Option #3: 5th-8th</u></b></p> <p><b>HIIT workout # 3</b>  Jumping Jacks  Wall Sit  Push up  Crunches  Chair Step Up  Air Squats  Plank  High Knees  Lunges  Side plank  Burpees</p>

	Do each exercise for 30 seconds rest for 10 in between, Try to do this three times!
Option 4	<p><b>HIIT workout #4</b></p> <p>Mountain Climbers Burpees Jump Squats Push Ups High Knees Push Ups Jump Squats Burpees Mountain Climbers Rest</p> <p>EACH EXERCISE IS 30 SECONDS WITH 10 SECONDS REST TRY TO CYCLE THROUGH THIS ENTIRE WORKOUT 2 OR 3 TIMES</p>
Option 5	<p><b><u>Option #5: 5th-8th</u></b></p> <p><b>HIIT workout #5</b></p> <p>-45 seconds each activity with 10 seconds rest in between -Try to complete 2 times through</p> <p>Mountain Climbers Jump Squats Pushups/Plank High Knees Jump Squats Jumping Jacks Burpees</p>

**\*Kindergarten-8th Challenge\***

Can you complete a marathon before the end of Quarter 4? Any PE exercises, outdoor activity, and movement you've completed counts toward this goal! Check out the following trackers to see just how far you can go! Set a goal as a family to make movement a priority each day. Enjoy the many benefits of exercise and don't forget to track your progress on the charts below. There are two ways to track your progress below.

If you'd rather start off with a more attainable goal, I've also linked a 5 mile progress tracker. This is a great way to begin. If this goal is attained, start on the marathon tracker.

**Marathon Activity Tracker:**

<https://marathonkids.org/wp-content/uploads/2020/04/Marathon-Kids-Activity-Log.pdf>

**Marathon Activity Tracker #2:**

[http://marathonkids.org.s3.amazonaws.com/Programs%2019-20/Mileage%20Log\\_Single\\_eng\\_span.pdf](http://marathonkids.org.s3.amazonaws.com/Programs%2019-20/Mileage%20Log_Single_eng_span.pdf)

**5 Mile Progress Tracker:**

[AtHome\\_Mini Mileage.ind](#)