

Dear Parents and Students,

I know that these next few weeks are going to be tough while you are at home and away from school. I will miss seeing and interacting with all of you during this time. Please make sure that you are staying physically active. Remember that the daily recommended time of physical activity is 60 minutes or one hour. This does not need to be done all at one time and should be broken up into smaller portions of physical activity throughout the day. You will find a Physical Education Weekly Assignment on the school website that you should use to track what physical activity you complete and how much time you completed. This should be done one day each week while we are out of school. Below is a daily list that should be easy for you to complete and some physical active resources that you can use to help you stay physically active. If you need help or ideas of what you could do during this time please email me at ben.brisker@loganelm.org.

Thanks,
Mr. Brisker

P.E. Daily Checklist

- Wake up and eat a Healthy Breakfast.
- Do a Daily Fitness routine. These are the things that we do first during a regular P.E. class day.
 - K-2 Galloping, Skipping, Running, Hopping, and Jumping
 - 3-6 Fitness activities that from Prime Coaching (provided on the website, 5-6 grades can also find them on Google Classroom)
- Go outside and play for 30-40 minutes at least twice a day. If you are unable to get outside find a YouTube video of a physical activity you can do inside (physical activities for kids https://www.youtube.com/watch?v=3_olssULEk0&t=158s or just dance), play music and dance, clean your room, build an obstacle course, or come up with a new game. If you need help contact me.
- Drink Plenty of water
- Wash your Hands multiple times during the day. Wash your hands with soap and warm water for at least 20 seconds, especially before you eat.
- Don't just sit around all day. Get up, get moving, and increase your heart rate with physical activity.
- Go to bed at the same time you would on a school night and get plenty of rest.

5th and 6th graders can find material and resources on Google Classroom.

Physical Education Weekly Assignment

Physical Activities I did on ___/___/___:

60 Minutes				
50 Minutes				
40 Minutes				
30 Minutes				
20 Minutes				
10 Minutes				

Below: List any physical activity that you did. **Color** in the picture for every 10 minutes of activity you did.

Example: If I did 40 minutes of physical activity total, I would color up to the 40-minute line.

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60 Minutes	
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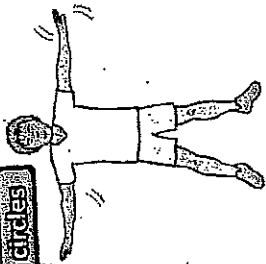
Below: List any physical activity that you did. **color** in the picture for every 10 minutes of activity you did.

Example: If I did 40 minutes of physical activity total, I would color up to the 40-minute line.

How many did you do?

Name:

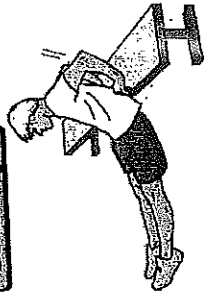
Arm circles



1st attempt

2nd attempt

Bench dips



1st attempt

2nd attempt

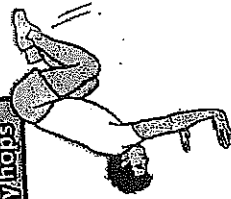
Push ups



1st attempt

2nd attempt

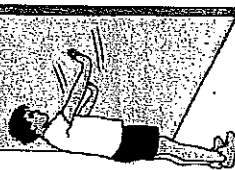
Bunny hops



1st attempt

2nd attempt

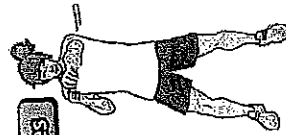
Wall push offs



1st attempt

2nd attempt

Punches



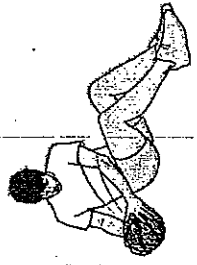
1st attempt

2nd attempt

How many did you do?

Name:

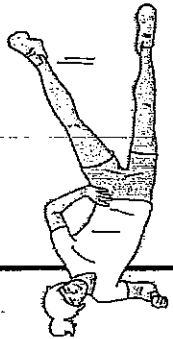
Ball twists



1st attempt

2nd attempt

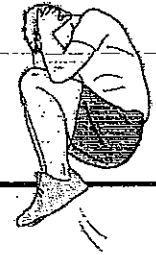
Side scissors



1st attempt

2nd attempt

Crunches



1st attempt

2nd attempt

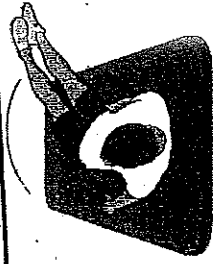
Toe reaches



1st attempt

2nd attempt

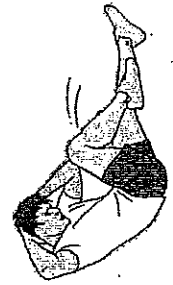
Windscreen wipers



1st attempt

2nd attempt

Bicycles



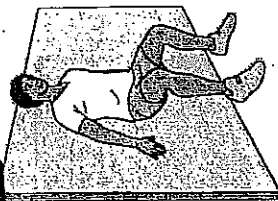
1st attempt

2nd attempt

How many did you do?

Name:

Wall sit



1st attempt (seconds)

2nd attempt (seconds)

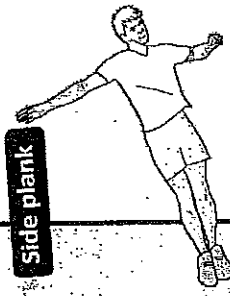
Plank



1st attempt (seconds)

2nd attempt (seconds)

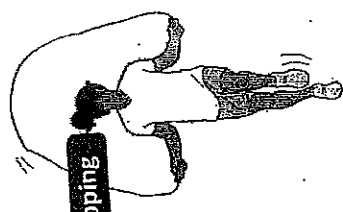
Side plank



1st attempt (seconds)

2nd attempt (seconds)

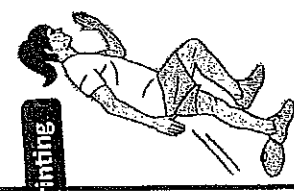
Skipping



1st attempt (steps)

2nd attempt (steps)

Sprinting



1st attempt

2nd attempt

Mountain climbs

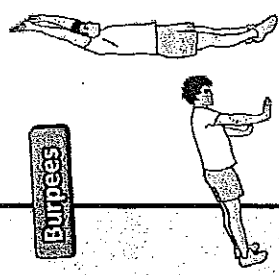


1st attempt

2nd attempt

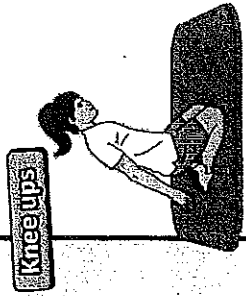
How many did you do?

Name:



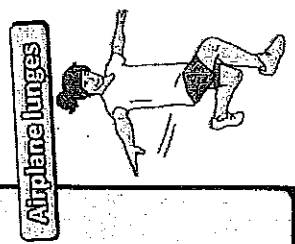
1st attempt

2nd attempt



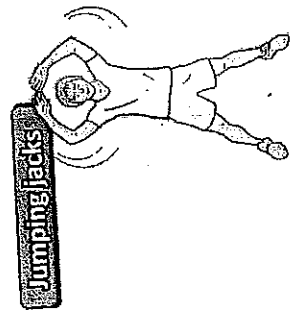
1st attempt

2nd attempt



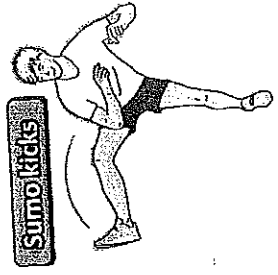
1st attempt

2nd attempt



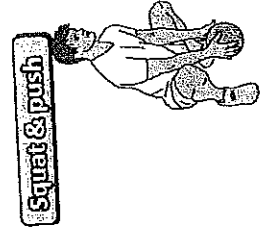
1st attempt

2nd attempt



1st attempt

2nd attempt

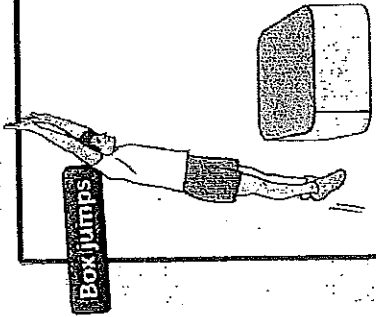


1st attempt

2nd attempt

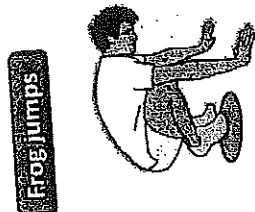
How many did you do?

Name:



1st attempt

2nd attempt



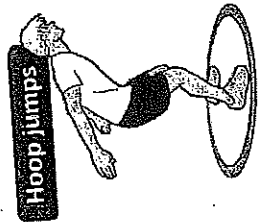
1st attempt

2nd attempt



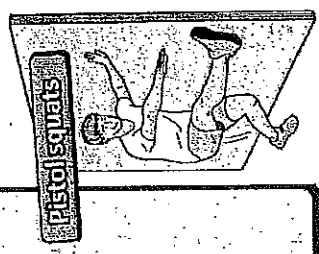
1st attempt

2nd attempt



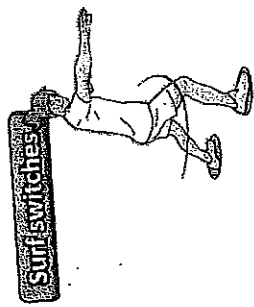
1st attempt

2nd attempt



1st attempt

2nd attempt



1st attempt

2nd attempt