

PE at Home Resources

What's up students and parents!

I hope everyone is staying safe out there and I will miss teaching you in PE class while we are not at school.

If it's safe and the weather is nice you could even try to get outside and play outside to keep yourselves active.

I've included some daily workouts for you to try out and also linked up a ton of resources and activities that you can check out if you get bored or need a fun activity to do.

Other than the daily workout and skill review options provided in this packet, you can find lots of additional ideas below.

Optional 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 following skills.

- **Jump Rope:** If you have a jump rope, you can review some of the [Single Jump Rope Tricks](https://www.youtube.com/watch?t=37&v=wK8XUaAfmSs&feature=youtu.be)
<https://www.youtube.com/watch?t=37&v=wK8XUaAfmSs&feature=youtu.be>
or if you have a sibling or family member you could even try out some of the [Partner Tricks](https://www.youtube.com/watch?t=84&v=K-Y53t14BC4&feature=youtu.be)
<https://www.youtube.com/watch?t=84&v=K-Y53t14BC4&feature=youtu.be>

- **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 or a frisbee
 - [Underhand Throwing \(ball\)](https://www.youtube.com/watch?v=-4O1vpM0ZI&feature=youtu.be)
<https://www.youtube.com/watch?v=-4O1vpM0ZI&feature=youtu.be>

 - [Overhand Throwing \(ball\)](https://www.youtube.com/watch?v=vdAbRz62tCQ&feature=youtu.be)
<https://www.youtube.com/watch?v=vdAbRz62tCQ&feature=youtu.be>

 - [How to throw a Frisbee](https://www.youtube.com/watch?v=DlgbdXAqppM&feature=youtu.be)
<https://www.youtube.com/watch?v=DlgbdXAqppM&feature=youtu.be>

- **Striking a Balloon**
 - 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](https://www.youtube.com/watch?v=k-S1w0xxWXI&feature=youtu.be)
<https://www.youtube.com/watch?v=k-S1w0xxWXI&feature=youtu.be>

- **Basketball:** If you have a basketball or playground ball, practice some of the ball handling drills and challenges
 - [Ball Handling Drills Tutorial](https://www.youtube.com/watch?t=9&v=WVcugE_QRG8&feature=youtu.be)
https://www.youtube.com/watch?t=9&v=WVcugE_QRG8&feature=youtu.be

 - [Ball Handling Drills Follow Along](https://www.youtube.com/watch?t=9&v=RW6Sneti7JQ&feature=youtu.be)
<https://www.youtube.com/watch?t=9&v=RW6Sneti7JQ&feature=youtu.be>

Stay Safe, Have Fun and Keep Yourself Active!

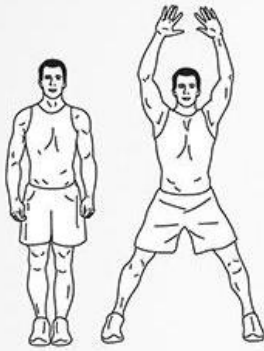
DAILY WORKOUT

Preschool - 2 times Year 3 - 5 times
Year 1 - 3 times Year 4 - 6 time
Year 2 - 4 times Year 5-8 - 7 times

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



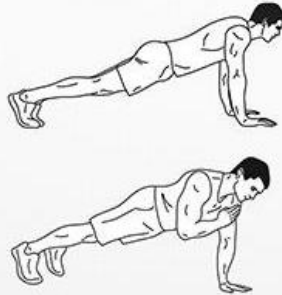
6 squats



6 calf raises



12 raised arm circles



6 shoulder taps

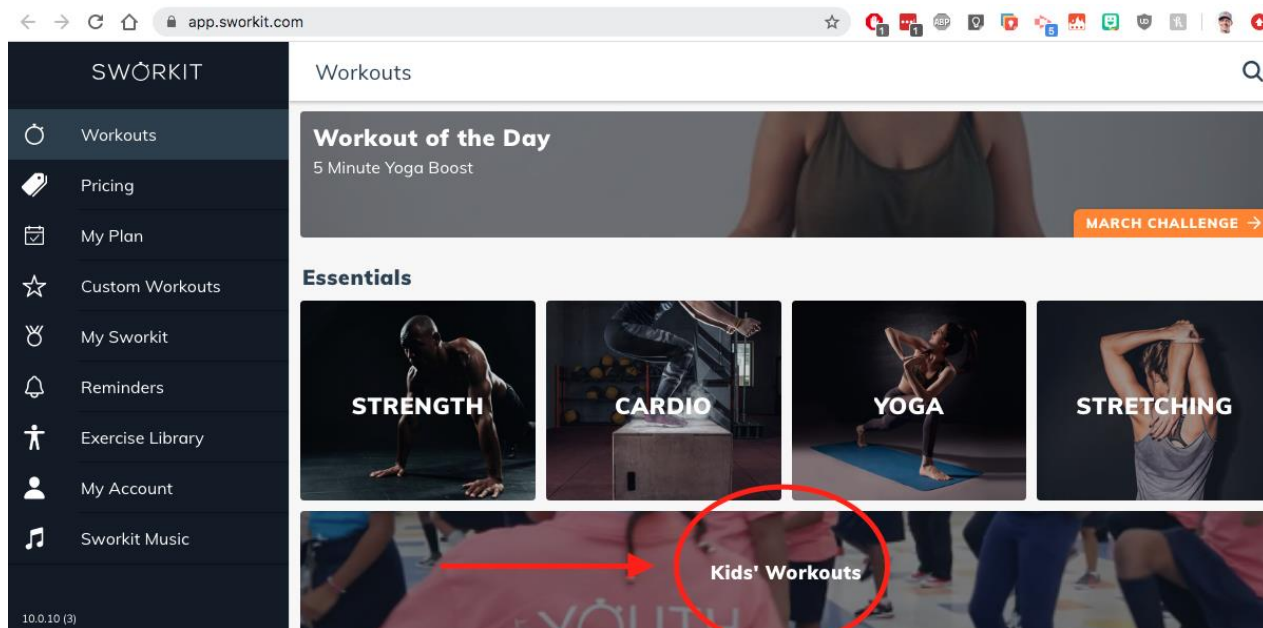


6 plank rotations

Additional/Supplemental Online Resources and Activities for PE at Home

- **Free Customizable Kid Workout Program**

- [Sign up for Sworkit](#) and use them for follow along workouts for kids
- Please note when you go into the website it will firstly have a page detailing what your goal is e.g build strength, sports performance etc.
Scroll down to the bottom of this page where it says “Go to Sworkitkids workouts”
(these are free kids workouts for anyone to use after signing up and they are even customizable and have student examples for all of the follow along workouts, just click on the “Kids Workouts” section after logging in)



- **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**

- For example check out [Fitnessblenders Youtube Channel](https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ)
https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ
- Another good one for Kids Workouts is [Glenn Higgins Fitness](https://www.youtube.com/watch?v=cSSzY-fIFGU&list=PLvuT1Bjs2VSFOYqahj8VAKBwyYFnLJIDa)
<https://www.youtube.com/watch?v=cSSzY-fIFGU&list=PLvuT1Bjs2VSFOYqahj8VAKBwyYFnLJIDa>
- Do a [Would you Rather Workout Video](https://www.youtube.com/watch?v=EQ5ESPJIX5Q&feature=youtu.be)
<https://www.youtube.com/watch?v=EQ5ESPJIX5Q&feature=youtu.be>

- **Follow Along Dances:**

- Pick your favorite [Just Dance Video](https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q) and bust a move
<https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q>

- Have students complete [GoNoodle Follow Along Dances](https://www.youtube.com/user/GoNoodleGames)
<https://www.youtube.com/user/GoNoodleGames>
- Happy Follow Along: https://youtu.be/_swUGtEpazY
- **Practice or learn a popular Line Dance**
 - [Like the Cupid Shuffle for Example](https://www.youtube.com/watch?v=5_srg-18Fz0&feature=youtu.be)
https://www.youtube.com/watch?v=5_srg-18Fz0&feature=youtu.be
 - Or the [Sid Shuffle](https://www.youtube.com/watch?v=uMuJxd2Gpxo) from the movie Ice Age
<https://www.youtube.com/watch?v=uMuJxd2Gpxo>