

Good morning parents!

Keeping your children moving these next two weeks will be extremely important so they can maintain the high activity levels we have built up this year in PE. Also, it will help relieve “cabin fever” and preserve your sanity. :)

The minimum requirements for PE minutes is 200 minutes for every 10 days of school. How you get to those 200 minutes as up to you...20 minutes for 10 days, 50 minutes for 4 days, etc. It all depends on what works best for your schedule.

I have also attached an activity log created by another elementary PE in our district. Please use that to track all activity. Remember 200 minutes the next two weeks is the MINIMUM. Please feel free to go above and beyond.

Here are some ideas for instant activity!

Go Noodle is great for all the kids K-5 and they love it! The app is free, but you can find most of the videos on YouTube.

Youtube resources for PE

Family Fitness Cardio

<https://www.youtube.com/watch?v=5if4cjQ5nxo>

Pokemon Yoga

<https://www.youtube.com/watch?v=tbCjkPlsaes>

Kids High Intensity Training Workout

<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

These are just a few ideas. There are so many fun videos and activities so try a few and see which ones you enjoy.

We have been working on flying disc (Frisbee) and gymnastics unit in March here are some resources to consider.

Frisbee

Here is a great video of Ultimate Frisbee and some questions to consider while watching.

<https://www.youtube.com/watch?v=HhUays2ehyl>

1. What unit/sports are similar that we have done this year that are similar to Ultimate Frisbee
2. How is Ultimate Frisbee different than units/sports we have participated in this year?

Gymnastics

<https://www.youtube.com/watch?v=UjCEoMqUuJA>

[https://www.youtube.com/watch?v=mbx2n\\_dmgYs](https://www.youtube.com/watch?v=mbx2n_dmgYs)

1. What events do women compete in at the Olympics?
2. What events do men compete in at the Olympics?

Please feel free to email me if you have any questions!

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