

PE At Home Resources

What's up students and parents!

We hope everyone is staying safe out there and we miss teaching you in PE class while we are not at school, but the good news is you already have all the skills, tools and knowledge you need to keep your body healthy.

We hope you can use all that we've learned in PE this year to stay active each day and if it's safe and the weather is nice you could even try to get outside and play in your yards to keep yourselves active.

We'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.

NO EQUIPMENT NEEDED ACTIVITIES: If you don't have internet you can print off or take a screenshot of some of the one page workouts at Darebee.com, they are all free and they have workouts that focus on pretty much every part of the body as well as full body workouts, so pick one that meets your interests and goals (check out the filter option to choose specific parts of the body or aspects of fitness to focus on): <https://darebee.com/workouts.html>

Awesome online resources: Follow Along Workout Channels on Youtube

- **Yoga**
 - Great for younger kids: [Cosmic Kids Yoga](#)
 - Good for older kids and adults: [FitnessBlender Yoga Videos](#)
- Great for Kids Workouts is [Glenn Higgins Fitness](#)
- Good for older kids or Adults [Fitnessblenders Youtube Channel](#)
- ["PE With Joe"](#) – Daily follow along at home workouts

Follow Along Dances: Pick your favorite [Just Dance Video](#) and bust a move

- Have students complete [GoNoodle Follow Along Dances](#)
- The site below offers a huge library of follow along videos teaching dance moves and health concepts to kids:
 - <https://hhph.org/repository/#filter=.videos>
- Born To Move: This site has a variety of Follow Along Dance and Activity Videos for kids
 - <https://watch.lesmillsondemand.com/born-to-move-free>

Practice or learn a popular Line Dance [Like the Cupid Shuffle for Example](#) Or the [Sid Shuffle](#) from the movie Ice Age

PE ACTIVITIES WITH LIMITED EQUIPMENT

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 PE class this year.

- **Jump Rope:** If you have a jump rope, you can review some of the [Single Jump Rope Tricks](#) we learned in PE, or if you have a sibling or family member you could even try out some of the [Partner Tricks](#) we learned
 - **K-2nd:** If your learning to jumprope for the first time – [Check out this video for some helpful tips](#)
- **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
 - K-1: [Underhand Throwing \(ball\)](#)
 - 2-5: [Overhand Throwing \(ball\)](#)
 - [How to throw a Frisbee](#)
- **Striking a Balloon** (awesome activity for K-2nd Grade)
 - 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](#)
- **Basketball:** If you have a basketball or playground ball, practice some of the ball handling drills and challenges that we worked on in PE over the last few weeks
 - [Ball Handling Drills Tutorial](#)
 - [Ball Handling Drills Follow Along](#)
- **4 Square**
 - If you have a playground ball and a garage or driveway you can play a game of 2 Square with a family member, draw a court with some chalk and check out this post if you don't have the rules to play the game <https://www.thepespecialist.com/foursquare/>
- **Cup Stacking**
 - If you have some Speed Stack Cups, check out the Speed Stack Website for some fun "[Stack at Home Challenges and Activities](#)"

SworKit: Free Customizable Follow Along Kids Workouts

- [Sign up for SworKit](#) and use them for follow along workouts for kids
 - They have a 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

- This is awesome because since it’s customizable you can delete activities that are too hard and replace them with easier versions – or if it’s too easy, you can replace them with more challenging activities and exercises...

Inspirational Character and Confidence Building Video Series: Check out the website below for a great set of inspirational videos for students to watch and have some conversations about perseverance through hard times, believing in yourself and making an impact in the world. I think this series offers a great perspective for students.
<https://www.varsitybrands.com/believe-in-you-video-series-one>

Stay Safe, Have Fun and Keep Yourself Active!

OAK ORCHARD PE DEPT