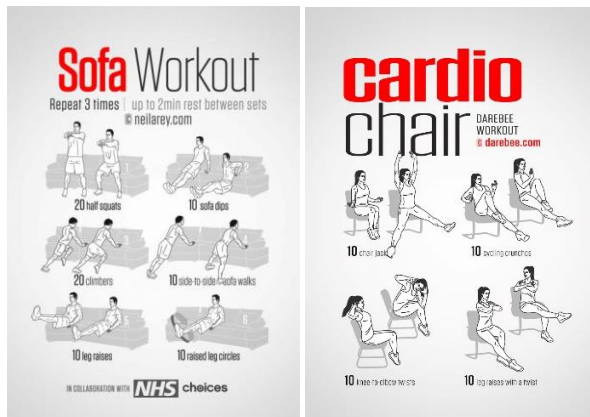


## Physical Education Opportunities for the Whole Family

Any of the activities listed below count towards a Physical Education day. Log these activities on our Physical Education Log found at the end of this document.

### Options to do as a Family:

- Biking
- Walk Mom, Dad, or the Dog
- Park Visits
- Service (grocery pickup etc.)
- Frisbee
- Pickleball
- Basketball
- Frisbee Golf
- Download **FitOn** App-Compatible with Apple & Android Devices  
Free Video Workouts for 10+. There are so many options & it is compatible for exercise within your lifestyle.  
[https://play.google.com/store/apps/details?id=com.fiton.android&hl=en\\_US](https://play.google.com/store/apps/details?id=com.fiton.android&hl=en_US)



**Equipment Checkout Sun. 4-6pm: Please take care of all equipment** (expensive-use for intended purpose only)

Frisbees-Pickleball Paddles-Juggling Cubes-Jump Ropes-K-4 Basketballs-kendama few avail or(\$10)

## **K-2 Physical Education**

Exercise/Rhyme/Freeze Jack Hartman	<a href="https://www.youtube.com/watch?v=cSPmGPlyyU">https://www.youtube.com/watch?v=cSPmGPlyyU</a>
Count by 10's Exercise Jack Hartman	<a href="https://www.youtube.com/watch?v=W8CEOIAOGas">https://www.youtube.com/watch?v=W8CEOIAOGas</a>
Jump Rope Basic-Advanced	<a href="https://www.youtube.com/watch?v=UTntXRW4wYk">https://www.youtube.com/watch?v=UTntXRW4wYk</a>
Disney Fitness	<a href="https://www.youtube.com/watch?v=eEiiWcGK-Nk">https://www.youtube.com/watch?v=eEiiWcGK-Nk</a>
Scarf Activities	<a href="https://www.youtube.com/watch?v=Dt2P5jg3vZk">https://www.youtube.com/watch?v=Dt2P5jg3vZk</a>
Scarf Juggling	<a href="https://www.youtube.com/watch?v=sQ8TKt5H2uc">https://www.youtube.com/watch?v=sQ8TKt5H2uc</a>
Speed Stacks (Cup Stacking)	<a href="https://www.speedstacks.com/learn/?lang=en">https://www.speedstacks.com/learn/?lang=en</a>

### **3-4 Physical Education**

Kids workout 1 Beginners	<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>
Jump Rope Basic-Advanced	<a href="https://www.youtube.com/watch?v=9PqYL4zTnxY">https://www.youtube.com/watch?v=9PqYL4zTnxY</a> <a href="https://www.youtube.com/watch?v=UTntXRW4wYk">https://www.youtube.com/watch?v=UTntXRW4wYk</a>
Kendama USA Trick Tutorials	<a href="http://kendamausa.com/kendama-tricks-and-tutorials/">http://kendamausa.com/kendama-tricks-and-tutorials/</a>
Fitness Workout 1	<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>
Scarf Activities(Times Tables & Spelling)	<a href="https://www.youtube.com/watch?v=Dt2P5jg3vZk">https://www.youtube.com/watch?v=Dt2P5jg3vZk</a>
Scarf Challenges	<a href="https://www.youtube.com/watch?v=sQ8TKt5H2uc">https://www.youtube.com/watch?v=sQ8TKt5H2uc</a>
Scarf Juggling	<a href="https://www.youtube.com/watch?v=ve2FKNctOBg">https://www.youtube.com/watch?v=ve2FKNctOBg</a> <a href="https://www.youtube.com/watch?v=MjQiXqN64i4">https://www.youtube.com/watch?v=MjQiXqN64i4</a> <a href="https://www.youtube.com/watch?v=uWiZ4fNqu5c">https://www.youtube.com/watch?v=uWiZ4fNqu5c</a> <a href="https://www.youtube.com/watch?v=AuXZWR2fEgc">https://www.youtube.com/watch?v=AuXZWR2fEgc</a>
Speed Stacks (Cup Stacking)	<a href="https://www.speedstacks.com/learn/?lang=en">https://www.speedstacks.com/learn/?lang=en</a>

## **5-6 Physical Education**

Kids workout 1 Beginners	<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>
Jump Rope Basic-Advanced	<a href="https://www.youtube.com/watch?v=UTntXRW4wYk">https://www.youtube.com/watch?v=UTntXRW4wYk</a>
Kendama USA Trick Tutorials	<a href="http://kendamausa.com/kendama-tricks-and-tutorials/">http://kendamausa.com/kendama-tricks-and-tutorials/</a>
Fitness Workout 1	<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>
HIIT Workout (Can Split in 2)	<a href="https://www.youtube.com/watch?v=lc1Ag9m7XQo">https://www.youtube.com/watch?v=lc1Ag9m7XQo</a>
Scarf Juggling	<a href="https://www.youtube.com/watch?v=sQ8TKt5H2uc">https://www.youtube.com/watch?v=sQ8TKt5H2uc</a> <a href="https://www.youtube.com/watch?v=ve2FKNctOBg">https://www.youtube.com/watch?v=ve2FKNctOBg</a> <a href="https://www.youtube.com/watch?v=MjQiXqN64i4">https://www.youtube.com/watch?v=MjQiXqN64i4</a> <a href="https://www.youtube.com/watch?v=uWiZ4fNqu5c">https://www.youtube.com/watch?v=uWiZ4fNqu5c</a> <a href="https://www.youtube.com/watch?v=AuXZWR2fEgc">https://www.youtube.com/watch?v=AuXZWR2fEgc</a>
Juggle w/ Rolled Up Socks or Checkout	<a href="https://www.youtube.com/watch?v=b14h0-XBtjM">https://www.youtube.com/watch?v=b14h0-XBtjM</a> <a href="https://www.youtube.com/watch?v=ldjUWgOf4&amp;list=PLckLLKChc4OTVjOegWxh53KEoqs_k6UEq&amp;index=6&amp;t=0s">https://www.youtube.com/watch?v=ldjUWgOf4&amp;list=PLckLLKChc4OTVjOegWxh53KEoqs_k6UEq&amp;index=6&amp;t=0s</a> <a href="https://www.youtube.com/watch?v=DCYoQOzPbP4&amp;list=PLckLLKChc4OTVjOegWxh53KEoqs_k6UEq&amp;index=2">https://www.youtube.com/watch?v=DCYoQOzPbP4&amp;list=PLckLLKChc4OTVjOegWxh53KEoqs_k6UEq&amp;index=2</a>
Speed Stacks (Cup Stacking)	<a href="https://www.speedstacks.com/learn/?lang=en">https://www.speedstacks.com/learn/?lang=en</a>

## **7-8 Physical Education**

Kids workout 1 Beginners	<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>
Jump Rope Basic-Advanced	<a href="https://www.youtube.com/watch?v=UTntXRW4wYk">https://www.youtube.com/watch?v=UTntXRW4wYk</a>
Kendama USA Trick Tutorials	<a href="http://kendamausa.com/kendama-tricks-and-tutorials/">http://kendamausa.com/kendama-tricks-and-tutorials/</a>
Fitness Workout 1	<a href="https://www.youtube.com/watch?v=L_A_HjHZxfl">https://www.youtube.com/watch?v=L_A_HjHZxfl</a>
HIIT Workout (Can Split in 2)	<a href="https://www.youtube.com/watch?v=lc1Ag9m7XQo">https://www.youtube.com/watch?v=lc1Ag9m7XQo</a>
Scarf Juggling	<a href="https://www.youtube.com/watch?v=sQ8TKt5H2uc">https://www.youtube.com/watch?v=sQ8TKt5H2uc</a>
	<a href="https://www.youtube.com/watch?v=ve2FKNctOBg">https://www.youtube.com/watch?v=ve2FKNctOBg</a>
	<a href="https://www.youtube.com/watch?v=MjQiXqN64i4">https://www.youtube.com/watch?v=MjQiXqN64i4</a>
	<a href="https://www.youtube.com/watch?v=uWiZ4fNqu5c">https://www.youtube.com/watch?v=uWiZ4fNqu5c</a>
	<a href="https://www.youtube.com/watch?v=AuXZWR2fEgc">https://www.youtube.com/watch?v=AuXZWR2fEgc</a>
Juggle w/ Rolled Up Socks or Checkout	<a href="https://www.youtube.com/watch?v=b14h0-XBtjM">https://www.youtube.com/watch?v=b14h0-XBtjM</a>
	<a href="https://www.youtube.com/watch?v=_ldjUWgOf4&amp;list=PLckLLKChc4OTVjOegWxh53KEoqs_k6UEq&amp;index=6&amp;t=0s">https://www.youtube.com/watch?v=_ldjUWgOf4&amp;list=PLckLLKChc4OTVjOegWxh53KEoqs_k6UEq&amp;index=6&amp;t=0s</a>
	<a href="https://www.youtube.com/watch?v=DCYoQOzPbP4&amp;list=PLckLLKChc4OTVjOegWxh53KEoqs_k6UEq&amp;index=2">https://www.youtube.com/watch?v=DCYoQOzPbP4&amp;list=PLckLLKChc4OTVjOegWxh53KEoqs_k6UEq&amp;index=2</a>
Speed Stacks (Cup Stacking)	<a href="https://www.speedstacks.com/learn/?lang=en">https://www.speedstacks.com/learn/?lang=en</a>

### Physical Education Log

Log the activity you did on each day & how long you engaged in the activity for. Should total 100 minutes a week.

Week/Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Min/Week
<b>Week 1</b>	15	16	17	18	19	20	21	_____ Min
<b>Week 2</b>	Spring Break 22	Spring Break 23	Spring Break 24	Spring Break 25	Spring Break 26	Spring Break 27	Spring Break 28	_____ Min
<b>Week 3</b>	29	30	31	Apr. 1	2	3	4	_____ Min
<b>Week 4</b>	5	6	7	8	9	10	11	_____ Min
<b>Week 5</b>	12	13	14	15	16	17	18	_____ Min
<b>Week 6</b>	19	20	21	22	23	24	25	_____ Min