



PE Home Based Activities

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Overview

The following activities are designed to be successfully performed at home.

Goals

1. To keep students physically active while at home.
2. To develop various skills necessary to improve personal fitness.

Specifications

The activities included will allow students to perform at a successful level while utilizing little, if any equipment.

Included is a calendar that students may use to keep track of the activities he/she participates in on a daily basis. We strongly encourage students to be moderately active for at least 60 minutes per day.

Students may also use the daily activity slips that parents may sign to provide evidence of the child's participation. These can be turned into the PE teacher upon return to school.

Students may also choose to keep a daily journal of his/her activities, if he/she tried a new activity, and if he/she enjoyed it and why, or why not.

Milestones


I. Reading /Writing/Observing

Students will have the option to watch a movie based on a sport or athlete, or read a book, and complete a brief summary of what was learned. This summary should include the sport or athlete involved, main idea behind the movie, and specific details about the athlete or sport, any awards/championships/honors described in the movie, and the outcome. What can you take away that you didn't already know about the athlete or sport. Did you enjoy the movie, if so, why, what stood out to you. If not, why not. Why did you choose this movie or book? Did the book or movie inspire you? If so, how?

Students may also watch a sporting event on TV and write a brief summary of the sport he/she watched, what level of play was it, why he/she chose that team/sport, is it a sport he/she plays or another family member, what do you like about the sport, anything interesting happen, or was the game/match part of any championship.

Students may choose to learn about a traditional sport of a country of choice or family origin. Write a brief description about the game/activity/sport, what country he/she chose and why. What did he/she think about the game/activity, what is interesting- if so why, if not- why not.

Students may also choose to create a new game. Students may use a game that is already played, and change the rules, and or equipment needed to create a new game. Students must provide the objective (what are they trying to do to win) what safety is involved, what rules the game has, a



general description of how to play the game and what equipment is needed. He/she may also draw a picture of what it might look like.

II. Personal Fitness Activities

We have included various personal fitness options: yoga, circuit training using body weight, cardiovascular activities, Calisthenics, visiting a facility to participate in swimming, weight training, or gymnastics.

III. Outdoor Adventure Activities

Students may go for hikes, long walks with their dog, jogs, bike rides, skate board, Or use compasses. Students may draw a map or use an existing map and locate Various objects, places using a compass.
Scavenger hunts are an excellent way to get children moving
While searching for various items. Easter is coming soon- so maybe hiding easter Eggs. Hunting/archery are also other outdoor activities students may choose to Participate in.

IV Technology

Students may participate in games, activities, dance, fitness from youtube videos Such as gonoodle.com, Fortnite fitness, just dance kids videos. They may also Participate in Wii fitness or playstation fitness programs. There are many fitness Videos that students may follow as well.