

# PE At Home - A Resource List

Dear Students and Parents

I hope everyone is staying safe out there! I will 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.

I 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.

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 many additional ideas linked on the last page:

## Optional Skills Review

If you have any of the following equipment - frisbee, ball, skipping rope and/or balloon, you can practice working on any of the skills that we've learned in PE class.

- **Jump Rope:** If you have a skipping rope, you can review some of the [Single Jump Rope Tricks](#) we have learned in PE, or if you have a sibling or family member you could even try out some of the [Partner Tricks](#)
- **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
  - Prep -1: [Underhand Throwing \(ball\)](#)
  - 2-5: [Overhand Throwing \(ball\)](#)
  - [How to throw a Frisbee](#)
- **Striking a Balloon:** (awesome activity for Prep-Year 2s)
  - 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 these ball handling drills and challenges
  - [Ball Handling Drills Tutorial](#)
  - [Ball Handling Drills Follow Along](#)

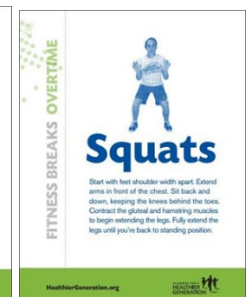
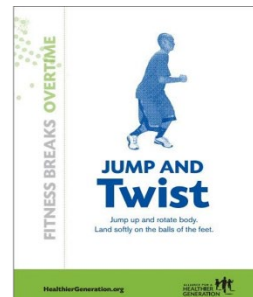
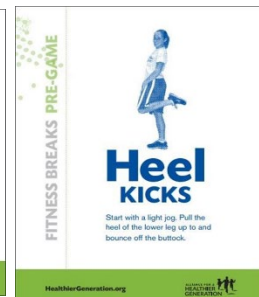
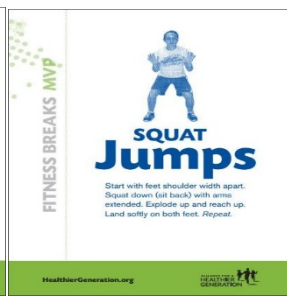
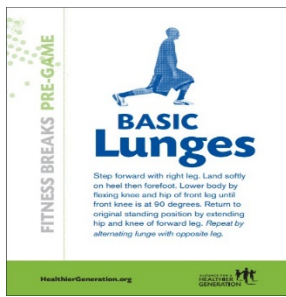
Keep yourself active stay safe and healthy.

Yours in Sport

# DAILY WORKOUT

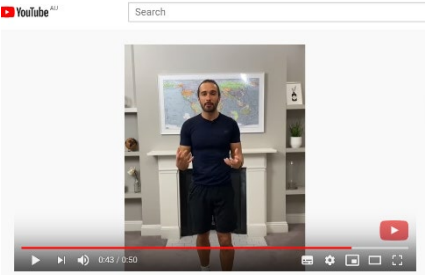


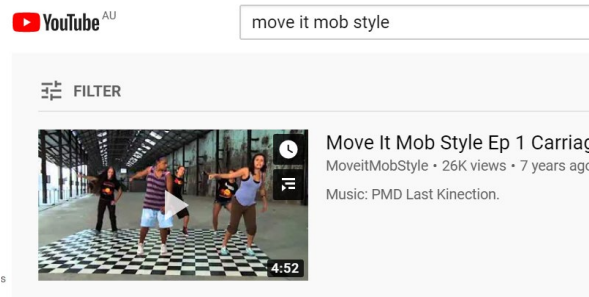


- See my Online Calendar for daily fitness workouts – Prep-2 | 3-4 | 5-6

MONTH	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
<b>Week 1</b>	4 6 8 Basic Lunges 4 6 8 Squats	10 20 30 Heel Kicks 4 6 8 Jump and Twists	CARDIO DAY (2 3 4 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	4 6 8 Basic Lunges 4 6 8 Squat Jumps	10 20 30 Heel Kicks 4 6 8 Jump and Twists	HOBBY DAY Choose 1 hobby
<b>Week 2</b>	5 8 11 Basic Lunges 6 8 10 Squats	20 30 40 Heel Kicks 6 8 10 Jump and Twists	CARDIO DAY (2.5 3.5 4.5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	5 8 11 Basic Lunges 6 8 10 Squat Jumps	20 30 40 Heel Kicks 6 8 10 Jump and Twists	HOBBY DAY Choose 1 hobby
<b>Week 3</b>	8 11 15 Basic Lunges 8 10 12 Squats	30 40 50 Heel Kicks 8 10 12 Jump and Twists	CARDIO DAY (3 4 5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	8 11 15 Basic Lunges 8 10 12 Squat Jumps	30 40 50 Heel Kicks 8 10 12 Jump and Twists	HOBBY DAY Choose 2 hobbies
<b>Week 4</b>	11 15 17 Basic Lunges 10 12 15 Squats	40 50 60 Heel Kicks 10 12 15 Jump & Twists	CARDIO DAY (3.5 4.5 5.5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	11 15 17 Basic Lunges 10 12 15 Squat Jumps	40 50 60 Heel Kicks 10 12 15 Jump & Twists	HOBBY DAY Choose 2 hobbies
<b>Week 5</b>	15 17 20 Basic Lunges 15 17 20 Squats	60 80 100 Heel Kicks 15 17 20 Jump & Twists	CARDIO DAY (4 5 6 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	15 17 20 Basic Lunges 15 17 20 Squat Jumps	60 80 100 Heel Kicks 15 17 20 Jump & Twists	HOBBY DAY Choose 2 hobbies



Good sleep    Whole foods    Lots of movement    Engaging hobby  
 Be kind

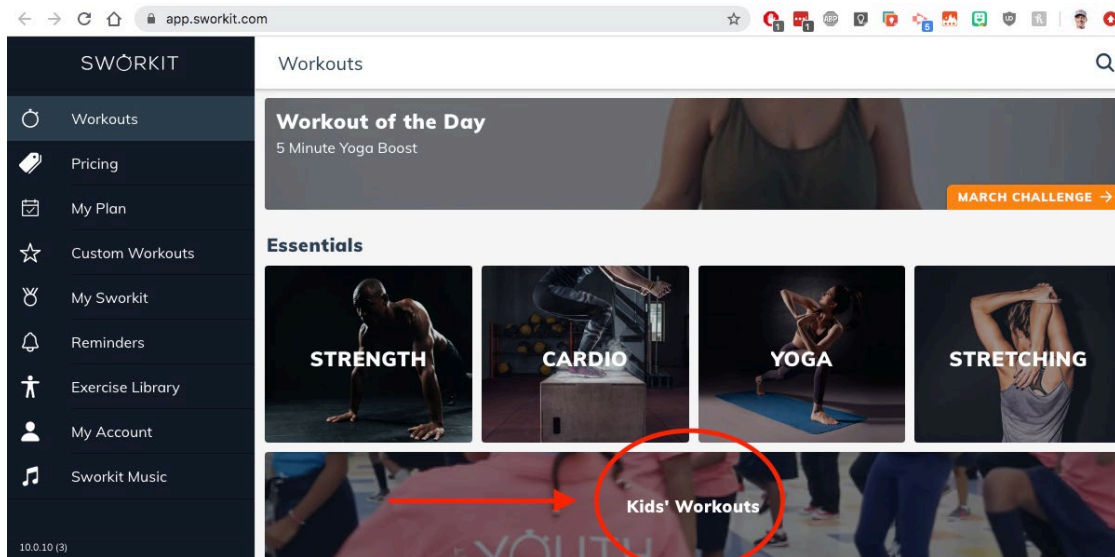
Movement boosts brain power – start the day with physical activity.  
 Balance 'routine' with 'creative' activities.

Brain Boosters	Routine	Creative
<p><b>'PE with Joe' Youtube</b></p> <ul style="list-style-type: none"> <li>• Daily session to help keep moving.</li> <li>• Free.</li> </ul>  <p>Announcing 'PE with Joe'   Daily LIVE workouts for kids   The Body Coach</p>	<p><b>'Sworkit Kids Workouts' app.</b>  <a href="https://app.sworkit.com/collections/kids-workouts">https://app.sworkit.com/collections/kids-workouts</a></p> <ul style="list-style-type: none"> <li>• Choose time.</li> <li>• Choose type of fitness.</li> <li>• Free.</li> </ul> 	<p><b>'Walk the Talk'.</b> Parents take your children for a walk around a block or two, remembering the rules of course.</p> 
<p><b>'Move It Mob Style' ABC tv and also on Youtube.</b></p> <ul style="list-style-type: none"> <li>• Many episodes.</li> <li>• Indigenous teachers and dancers.</li> <li>• Contemporary dance.</li> </ul>  <p>Move It Mob Style Ep 1 Carriag    MoveItMobStyle • 26K views • 7 years ago    Music: PMD Last Kinection.</p>	<p><b>'The Kids Coach'</b>  <a href="https://www.thekidscoach.com.au/">https://www.thekidscoach.com.au/</a></p> <ul style="list-style-type: none"> <li>• Australian owned.</li> <li>• Subscription service (but it is very reasonable).</li> <li>• Choose age range, theme, time.</li> <li>• Variety of exercises.</li> </ul> 	<p><b>'Nature Play'.</b>  <a href="https://www.natureplayqld.org.au/">https://www.natureplayqld.org.au/</a></p> <ul style="list-style-type: none"> <li>• 100s of ideas.</li> <li>• Choose your own</li> </ul>  <p>adventure, use the activity finder.</p>

## 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. (They have free kids workouts for anyone to use after signing up and they are even customizable, 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](#)
- Another good one for Kids Workouts is [Glenn Higgins Fitness](#)
- Do a [Would you Rather Workout Video](#)

- **Follow Along Dances:**

- Pick your favorite [Just Dance Video](#) and bust a move
- Have students complete [GoNoodle Follow Along Dances](#)
- Happy Follow Along: <https://youtu.be/swUGtEpazY>

- **Practice or learn a popular Line Dance:**

- [Like the Cupid Shuffle for Example](#)
- Or the [Sid Shuffle](#) from the movie Ice Age

- **Tons of at Home Activities and Resources:**

- [Active Home Resources](#) from OPEN Phys Ed

- **Activity Log:**
  - Keep an activity log and track your activity over the break from school  
[Here are some examples of activity logs](#)
  
- **Activity Calendars:** (do 1 activity per day)
  - [Here's some examples from SHAPE America](#)
  - [Here's another example](#)
  - <https://openphysed.org/wp-content/uploads/2020/03/Monthly-PE-at-Home-Calendar-Jason.pdf>
  
- **Home Activity Packets and from other PE teachers:**
  - Pete Charrette: <https://twitter.com/CapnPetesPE/status/1239202278122369031>
  - Jenny Horowitz: [Google Drive Folder](#)
  - Kevin Tiller: <https://twitter.com/physedreview/status/1239168726450286593>
  - Bob Vogt: <https://twitter.com/GlengaryPE/status/1239341018459377664>
  - Jason Denk: <https://twitter.com/mrdenkpeclass/status/1238508561447227393?s=11>
  - CBHPE Activity Ideas: <https://www.cbhpe.org/projector>
  - [PE Follow Along Videos Collection](#) (Google Slide)
  - Create your own [follow along dance](#) or [workout video](#) for students to follow along to

- **Video Challenges**

- Bottle Flip Chaos <https://www.youtube.com/watch?v=AZd8oJv6LIM&feature=youtu.be>
- Fan Favorite <https://www.youtube.com/watch?v=TJuYFFKyoew&feature=youtu.be>
- Toss and Catch <https://www.youtube.com/watch?v=fCiATy5gfzc&feature=youtu.be>
- PE with Joe TV <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Home Exercises for Kids <https://www.youtube.com/watch?v=aHVR2FnTpdK>
- Scarf Workout (prep-Yr3 - if no scarf use a plastic bag)  
<https://www.youtube.com/watch?v=LMVEAJpeqSk&feature=youtu.be>

- **Yoga for Students**

- We Are Going on a Bear Hunt. Yoga for Kids.  
<https://www.youtube.com/watch?v=KAT5NiWHFIU>
- Yoga for PE. Long Breath  
[https://www.youtube.com/watch?v=\\_csXVyQotFA&feature=youtu.be](https://www.youtube.com/watch?v=_csXVyQotFA&feature=youtu.be)
- Cosmic yoga  
<https://www.youtube.com/user/CosmicKidsYoga>

- **Gross Motor Skills**

<https://www.youtube.com/watch?v=6HzlWIUmpkg&feature=youtu.be>

<https://www.youtube.com/watch?v=pcl1loPfwG0&feature=youtu.be&list=PL2SgL8sFniOxZGhC>

<https://openphysed.org/activeschools/activehome>