

Distance Learning for Elementary PE
Central Bucks School District

Parents/Students:

Please find the appropriate grade level and follow the directions.

At the bottom of the document are all of the related resource materials you will need.

MDS Day 1

Physical Education

Overview: Compares physical activities that bring confidence and challenge.

Estimated Time: Approximately 20 minutes

Explanation:

Enjoy a fun exercise with a parent, sibling, or guardian/caretaker and see what activities you are successful at attempting.

Three quick things to know:

1. With an adult/guardian/caretaker or older sibling, choose between a challenge activity or from a variety of skill activities in a video.
2. After completing the challenge or activity of your choice, record what was chosen on the worksheet below.
3. If you cannot print the fitness log, you may write your choice on a sheet of paper and sign the fitness log.

Tasks:

- Click <https://watchkin.com/07471282af> to watch a video of different ideas for skills work (various materials required).

AND/OR

- Select a challenge activity you would like to participate in from the list below:

In their wheelchairs:

- Student can push objects off of her lap.
- Student can reach for objects dangling from strings from the basketball hoop or from a string pulled across two volleyball standards. He can grasp items such as socks with a tennis ball inside, a tennis ball, scarves, whiffle ball, yarn ball, or Koosh ball.
- Student can bat balloons.
- Student can pull on Thera-Bands or surgical tubing.
- Student can use a racquet bandaged around one hand to bat a ball or play hockey with a hockey stick that is Velcroed or bandaged around one hand.

Over a bolster:

- Lying on her front over a bolster, a student can push balls back and forth, drop scarves or bean bags into buckets, or do push ups with assistance. They can also reach up into higher buckets or baskets and drop items into higher targets.
- Lying on a wedge mat or sitting on a mat with support from behind
- Lying on his front over a wedge mat or sitting on a mat with support from behind, a student can push balls back and forth, drop scarves or bean bags into buckets, or do push-ups with assistance.
- They can also reach up into higher buckets or baskets and drop items into higher targets.

Lying Supine on a mat:

- While a student is lying on her back, they can kick a ball off of her feet. She can also pull a scarf off her face, push a ball off her chest, reach up for scarves or objects, and practice grasping and releasing into hula hoops.

Lying prone on a scooter or sitting up with support:

- While lying prone on a scooter or sitting up with support, a student can hold on to a hula hoop while being pulled around. He can push himself with his feet to the extent possible; he can hold on to a rope with support and be pulled around; and they can push himself with his arms.

Turn in your assignment:

After you complete the activity or skill, have the Parent/Guardian/Caretaker/Older Sibling List it below.

	Date	Skill/Activity Chosen	Hooray I did it!!!! Guardian Signature
Example:	March 11	Pushed ball from lap	

Kindergarten Day 1

Physical Education

Overview: Students will recognize that when you move fast, your heart beats faster and you breathe faster. (S3.E3.K)

Estimated Time: Approximately 20 minutes

Explanation:

Enjoy a fun exercise with a parent, sibling, or guardian and share with them what you have learned about exercise and the heart.

Three quick things to know:

4. With an adult or older sibling, choose between yoga, dance, or a fun workout. The links can be found on the worksheet below.
5. After completing the exercise of your choice, write down which one you chose and have an adult sign your fitness log for the day.
6. If you cannot print the fitness log, you may write your choice on a sheet of paper and sign the fitness log.

Tasks:

- **Click below to access the Kindergarten activities.**
- Select the activity you would like to participate in. Feel free to do this with family or friends.

Turn in your assignment:

After you complete the exercise activity, circle the activity you enjoyed and have an adult or guardian sign it.

	Date	Exercise/Activity Chosen	Hooray I did it!!!! Guardian Signature
Example:	March 11	Yoga	

First Grade Day 1

Physical Education

Overview: Describes positive feelings that result from participating in physical activities (GLO S5.E3.1a)

Estimated Time: Approximately 25 minutes

Explanation:

Enjoy a fun exercise with a parent, sibling, or guardian and share with identify how you felt before and after exercising.

Three quick things to know:

- First, print the fitness log. If you cannot print the fitness log, you are welcome to use a piece of paper (see chart below). Draw a picture of how you are feeling before exercising (Happy face, sad face, tired, angry). Then, write down which activity you decided to complete (Yoga, Dance, Exercise).
- With an adult or older sibling, choose one of the fun workouts or activities. The links can be found on the worksheet below.
- After completing the exercise of your choice, ask an adult to sign your fitness log for the day.

Tasks:

- **Click below to access the First-Grade activities.**
- Select the activity you would like to participate in. Feel free to do this with family or friends.
- Have FUN!

Turn in your assignment:

After you complete the exercise activity, draw another face on how you are feeling after exercising (Happy, sad, tired) and have an adult or guardian sign it.

	Date	Exercise/Activity Chosen	How am I feeling?	How do I feel after?
Example:	March 11	Minecraft Yoga	☹️	😊

Second Grade Day 1

Physical Education

Overview: Compares physical activities that bring confidence and challenge.

Estimated Time: Approximately 25 minutes

Explanation:

Enjoy a fun exercise with a parent, sibling, or guardian. Identify which activities you enjoyed and which one was more of a challenge.

Three quick things to know:

- First, print the fitness log. If you cannot print the fitness log, you are welcome to use a piece of paper (see chart below).
- With an adult or older sibling, choose **three** of the fun workouts or activities. The links can be found on the worksheet below.
- After completing the exercise of your choice, ask an adult to sign your fitness log for the day.

Tasks:

- **Click below to access the Second-Grade activities.**
- Select the activity you would like to participate in. Feel free to do this with family or friends.
- Have FUN!

Turn in your assignment:

After you complete the exercise activity, draw another face on how you are feeling after exercising (Happy, sad, tired) and have an adult or guardian sign it.

	Date	Exercise/Activity Chosen	Which activity did you enjoy most?	Which activity was the most challenging?	Parent/Guardian Signature
Example:	March 11	Rockout Blast off Cool down	Blast off	Rockout	

Third Grade Day 1

Physical Education

Overview: Compares physical activities that bring confidence and challenge.

Estimated Time: Approximately 25 minutes

Explanation:

Enjoy a fun exercise with a parent, sibling, or guardian. Identify which activities you enjoyed and which one was more of a challenge.

Three quick things to know:

- First, print the fitness log. If you cannot print the fitness log, you are welcome to use a piece of paper (see chart below).
- With an adult or older sibling, choose **three** of the fun workouts or activities. The links can be found on the worksheet below.
- After completing the exercise of your choice, ask an adult to sign your fitness log for the day.

Tasks:

- **Click below to access the Third-Grade activities.**
- Select the activity you would like to participate in. Feel free to do this with family or friends.
- Have FUN!

Turn in your assignment:

After you complete the exercise activity, draw another face on how you are feeling after exercising (Happy, sad, tired) and have an adult or guardian sign it.

	Date	Exercise(s)/Activities Chosen	Which activity did you enjoy most?	Which activity was the most challenging?	Parent/Guardian Signature
Example:	March 11	Eye of the Tiger Kids Workout Cooldown	Eye of the Tiger	Kids Workout	

Fourth/Fifth/Sixth Grade Day 1

Physical Education

Overview: Compares physical activities that bring confidence and challenge.

Estimated Time: Approximately 25 minutes

Explanation:

Enjoy a fun exercise with a parent, sibling, or guardian. Identify which activities you enjoyed and which one was more of a challenge.

Three quick things to know:

- First, print the fitness log. If you cannot print the fitness log, you are welcome to use a piece of paper (see chart below).
 - With an adult or older sibling, choose **one** of the fun workouts or activities. The links can be found on the worksheet below.
 - After completing the exercise of your choice, ask an adult to sign your fitness log for the day.
- OR**
- Download the “Sworkit” App from your app Store. Follow the “Sworkit Tutorial Worksheet” below.

Tasks:

- **Click below to access the Fourth/Fifth/Sixth - Grade activities.**
- Select the activity you would like to participate in. Feel free to do this with family or friends.
- Have FUN!

Turn in your assignment:

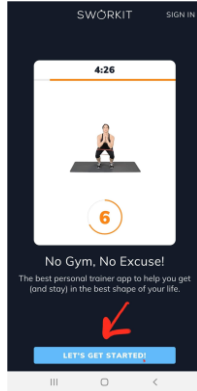
After you complete the exercise activity, draw another face on how you are feeling after exercising (Happy, sad, tired) and have an adult or guardian sign it.

	Date	Exercise(s)/Activities Chosen	Which activity did you enjoy most?	Which activity was the most challenging?	Parent/Guardian Signature
Example:	March 11	Eye of the Tiger Kids Workout Cooldown	Eye of the Tiger	Kids Workout	

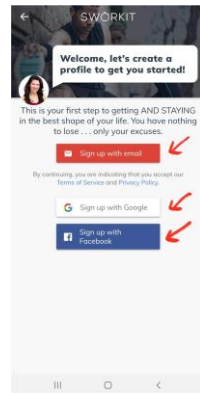
Grade	Resource	Directions
Kindergarten	Cosmic Kids	<p>Select one of the following and complete:</p> <ul style="list-style-type: none"> Pokemon Yoga https://watchkin.com/ba0480b34d Going on a Bear Hunt https://watchkin.com/22babb361b Chicken Dance https://watchkin.com/b484a2f5b9 Gummy Bear Dance https://watchkin.com/23b65d9629
First Grade	Cosmic Kids	<p>Select one of the following and complete:</p> <ul style="list-style-type: none"> Minecraft YOGA https://watchkin.com/f0e2518f92 Trolls themed Yoga https://watchkin.com/ac01d651a1 Zumba https://watchkin.com/af448e8f3d Cant Stop the Feeling Dance https://watchkin.com/46078cbfaf
Second Grade	GoNoodle-	<p>Select three of the following and complete:</p> <p>GoNoodle:</p> <ul style="list-style-type: none"> Rock out (workout) https://watchkin.com/841c41d1ed Blast off (workout) https://watchkin.com/447bf7bf3b Pump it up workout https://watchkin.com/43b01a329d Cool down https://watchkin.com/3c592922c1 <p>OR</p> <p>Select one below:</p> <ul style="list-style-type: none"> Family workout https://watchkin.com/872bc69f01
Third Grade	GoNoodle-	<p>Select three of the following and complete:</p> <p>GoNoodle:</p> <ul style="list-style-type: none"> Banana, Banana, Meatball https://watchkin.com/702361d714 Eye of the Tiger https://watchkin.com/83e98f71e6 <p>Exercise</p> <ul style="list-style-type: none"> Kids workout https://watchkin.com/9d5abbccb7 <p>Cool Down:</p> <ul style="list-style-type: none"> Mindful Cool down https://watchkin.com/8f07e093f2
Fourth Grade	Fitness Video/Sworkit Kids	<p>Select one of the following and complete:</p> <ul style="list-style-type: none"> Kids HiTT Workout https://watchkin.com/4d03249272 Zumba https://watchkin.com/d48ae9a3e4 <p>OR</p> <ul style="list-style-type: none"> Download the app, Sworkit (Android or Apple OS) <p>Complete a 20 minutes workout and complete the worksheet</p>
Fifth Grade	Fitness Video/Sworkit Kids	<p>Select one of the following:</p> <ul style="list-style-type: none"> Wake up Workout https://watchkin.com/4bb29f44f2 KidzBop Dance along https://watchkin.com/d303e21295 <p>OR</p> <ul style="list-style-type: none"> Download the app, Sworkit (Android or Apple OS) <p>Complete a 20 minutes workout and complete the worksheet</p>
Sixth Grade	Fitness Video/Sworkit Kids	<p>Select one of the following:</p> <ul style="list-style-type: none"> Ultimate 20 minute workout https://watchkin.com/813d865b39 Yoga for Beginners https://watchkin.com/3cdac6032c <p>OR</p> <ul style="list-style-type: none"> Download the app, Sworkit (Android or Apple OS) <p>Complete a 20 minutes workout and complete the worksheet</p>

Sworkit Tutorial

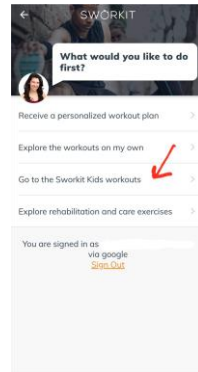
Step 1 – Click “Get Started”



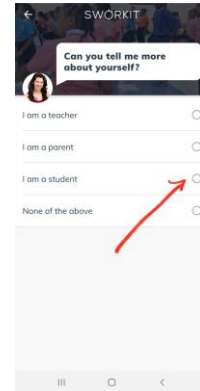
Step 2 – Log in



Step 3 – Go to the Sworkit Kids workouts



Step 4 - Click “I am a student”



Step 5 - Select one of the pre- made workouts.

