

Live Oak at Home PE Recommendations

Hi all,

We hope you are doing well. We sure miss you. Just remember, you aren't alone. Mr. I and I both have families at home too and are juggling this "new normal" just like you and your family. Below is some PE recommendation we came up with for you to do every day. Work by yourself, or ask your family to join you.

We are still able to go outside, but stay your distance from others. Vitamin D is good for the mind and body! Weather hasn't been completely on our side, but when it is, take advantage of it! Explore the trails behind your house, ride your bike or scooter, take your family for a hike, the ideas are endless.

Start your PE day with our stretches. After that, go for a quick jog around your block. If you can't go out front, use your backyard, take a couple laps around your backyard. Choose anything below (5th graders- you can work on those areas that you have been tested on already.) Our goal for you is 45 minutes of movement a day!

WARM-UP

Forward lunges

High knee pull (this is not skipping)

Quad pull

High knee run

Butt kickers

Side shuffle

Toy soldiers

Super Marios

Push ups

Sit ups

Planks

Jumping Jacks (Tree/Rocketships)

Activities

[Quick HIIT Workout](#)

[Go Noodle](#)

[Cosmic Kids Yoga](#)

https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf

[kid workout video](#)

**You can go to youtube and search different workout videos

Jump rope

[30 day push up challenge](#)

[sit up challenge](#)

[Here](#) is a fitness journal, keep a log, lets see how much you can do in the next couple weeks!

Create a new field day game. Get creative! Write it down, draw it out, make sure it has the rules, safety and equipment needed for the activity!

Keep in touch! Send us an email if you have any questions, or need new ideas! I know my gym is doing live workout videos for us since we don't have access to the gym. See if your parents gym is doing the same thing.

Last thing:

Breathe, smile and have fun! We miss you

Mrs. Janssen and Mr. Innocenti