**Elementary PE Activities for Week 7 April 23-29: April 24 is midterm!!**

**Write your name on your paper!** The papers get separated out of your folder into teacher piles. They try to catch the names, but it would just be best if you put your name on every single paper.

If you have lost your papers, or accidently turned them back in, you may go to my website at mrsnesbit.weebly.com and find everything we have done up to this point in the lower right hand corner of the Home page. Look for the red title “Corona Virus Home School Packets.” I have also included a link for some great virtual workouts for all ages. Look through to find what might interest you.

* Everyone: **Turn in the April calendars weekly, please.** Aim for 60 minutes of exercise every day, then write down what you did and your time for how long you did it, for your 60 minutes. You may do many different activities to add up to 60 minutes. The GOAL is 60 minutes. If you don’t make 60, write down what you have. I will be grading these activities based on effort made to make the daily goal and actual achievement. **You should be striving for a minimum of 200 minutes per week*. Going forward, each week will be graded on a Pass/Fail scale.*** *Please make sure the calendars are completed correctly.* Activity is activity! Have fun in whatever you choose! The entries can be pretty general, i.e. 10m-tag, 20m-bike, etc. Please keep the workout sheets from week to week so we don’t have to reprint.

Grades PK-4: On Tuesday and Thursday, follow the directions on the *What is Your Name?* worksheet. But also **use it to practice your spelling words or your sight words. Do half of your word list each day.**

Grades PK-4: On Monday, and Wednesday, play a couple of rounds of Bingo each day. Follow the directions.

**HEALTH**

**It is time to work on Health.** We will be completing a unit on Bicycle and Pedestrian Safety. Keep your informational packets for future reference. We will be doing additional worksheets in the future. **This will replace one day of physical activity on the calendar. Write your time down.**

The resource that I have is quite old, but the only information that is outdated is the statistical information. (Might be fun for them to look up the new stats if they are bored!) Along with this week’s informational packet will be a worksheet and a drawing project.

* **Grades K-4:** Complete your Bicycle and Pedestrian Safety worksheet(s).

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| **April 2020** | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 |  |  |  |