**Elementary PE Activities for Week 8 April 30-May 6**

**Please write your name on all papers!** 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.

**Parents**:

1. I feel like I didn’t explain the exercise calendar project very well in the beginning. We strive to get your student to accomplish that 60 minute goal every day at school. They get 20-23 minutes of activity in PE, roughly 25 minutes for lunch recess, and 20 minutes for afternoon recess all built into their day. I wanted them to continue getting that level of activity while at home.
2. Any activity that gets their heart rate up, counts toward their exercise calendar. If you are interested, a simple tool I use in class with the older kids is to have them find their pulse and count it for 10 seconds. If they are in the 22-29 beat range, they are performing at 65-85% of their maximum heart rate which is the goal for all exercise. There is a formula for it based on resting heart rate, but it generally is 22-29 beats per 10 seconds (21-28 for you!) If they are below 22, they aren’t working hard enough, and if they are over 29, they are working too hard.
3. Students in grades 2 and up should be able to write their own times down on their calendars. I did not intend for you to have to do it all. Outside play, free play, inside work, etc. can be used for general activity.
4. Several students did not turn in their Make a Prediction work sheets at the end of Week 2. They were on the back of a paper and may have gotten missed. I am including those here, if your student’s was incomplete. Please modify the sheet as necessary. Example: You might not live on a block for instance, so maybe run around the house 5 times, or run to the end of the driveway, etc.
5. Please make sure that you are getting all of your work turned in in order to pass PE this semester. There are several students who have not turned in enough of the assigned work to have a passing grade.
6. 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.

* Grade PK-4: **Turn in the April 30-May 6 calendar. You should be striving for a minimum of 200 minutes per week*. Going forward, each week will be graded on a Pass/Fail scale.*** 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. General descriptions are fine.

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.

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **April-May 2020** | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 30 | 1 | 2 |
| 3 | 4 | 5 | 6 |  |  |  |