



# Physical Education at Home

## April 27-May 3, 2020

Hello Coyote Families! Please find some activities that you can do alone or together!

### Monday

'Keep it up' Challenge! Do you have a balloon or light weight ball around? Challenge yourself to see how many times you can tap the balloon or ball into the air without letting it hit the ground/floor. Make sure you have a safe space to work in.



See if you can beat your score each time. Try tapping it back and forth with a family member.

### Tuesday

Today is looking to be a nice day outside. Why not offer to help your family with some yardwork? Raking, cleaning flower beds, picking up sticks or litter that have blown around your home would surely be appreciated. Wear some gloves and be safe out there!



### Wednesday

Create your own obstacle course! We've already watched some of our students (and parents) on our Facebook Page hustling through their yard- jumping, crawling, climbing and running, in order to be the quickest in their family. What kind of course can you create? Can you be the 'Obstacle Course Champ' of your family?



### Thursday

'T.V. Time-outs'

If you're watching your T.V. show(s) today, get your heartrate going during the commercials by doing some movement. See if you can continue the movement activity until the show starts again. Try jogging on the spot, jumping jacks, squats, pushups, or try a plank.

If you're watching a movie and there aren't commercials, pause it every 20 minutes and do an activity for 2 minutes before watching again.

### Friday

Let's do some estimating! How many steps do you think it takes to get from your bedroom to your kitchen? Check. How about hopping there? How many hops? How many jumps? Remember to land on the balls of your feet and bend your knees and ankles to land softly and quietly. Try going other places.

### Weekend

Did you make an obstacle course that was AMAZING?! Did it make you feel good to help your family do chores that needed to be done? Write or draw a picture of something you and your family enjoyed about this week. We think a picture or video of your obstacle course would be cool for our Facebook page!

Remember to keep safe and enjoy the time with your family - Mr. Lim and Mrs. Stickles