

H.P. Elementary Physical Education

Dear Parents,

The following is a guide for your student(s) during the extended break for the month of March and April. This guide includes exercises and activities that your son/daughter can do at home. We have structured this plan to resemble a “typical” day of physical education at school.

Currently in Physical Education class, we are working on bowling with grades Pre-K through 2 and volleyball in grades 3-5. We are also working on physical fitness tests with the 3-5 graders. These tests include sit ups, pushups, pull ups, distance running, and flexibility.

Grade Level <i>Pre-K - 2</i>	Grade Level 3-5
<p>Stretches: Jumping Jacks Arm Circles Quad Stretches (R/L) Lunges (R/L) Pigeon Stretch Butterfly Pretzel 8 Push-ups 10 Sit-ups</p> <p>Skills: Throwing and catching with partner Jumping rope Hoola Hoop Kicking/Punting a ball</p>	<p>Stretches: Jumping Jacks Arm Circles Quad Stretches (R/L) Lunges (R/L) Pigeon Stretch Butterfly Pretzel 16 Pushups (2 sets of 8) 30 Sit-ups</p> <p>Skills: Throwing and catching with partner Jumping rope Hoola Hoop Kicking/Punting a ball</p>
<p>Cardiovascular Exercise Jogging; 3-4 minutes</p>	<p>Cardiovascular Exercise Jogging; 5-6 minutes (1/2 mile)</p>
<p>Other Activities Walking, Jogging</p>	<p>Other Activities Walking, Jogging</p>

Here are some additional links related to physical activity for all students	
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<https://kidshealth.org/en/parents/exercise.html>

<https://www.verywellfamily.com/easy-exercises-for-kids-1257391>

<https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/>

If you are limited with time and space, try your best to have your family get active. This can even include inside and outside chores, walking the dog, bike riding, hiking etc.

You can also do commercial time exercises that last a few minutes. For example, when you're watching television, see who can hold a plank the longest during a commercial break. You can vary the exercises throughout the show.

Any type of physical activity is better than nothing.