

Pacolet Elementary Students,

Here are some fun and stress relieving activities you can do from your home while we are on break! Feel free to continue practicing any skills we have already learned in PE.

Skills Review

If you have any of the equipment below (frisbee, ball, jump rope, balloon etc), you can practice reviewing or working on any of the skills that we've learned in PE class this year. There are plenty more videos from The PE Specialist of activities you can do on Youtube if you want to learn or practice another skill!

- **Jump Rope:** If you have a jump rope, you can review some of the [Single Jump Rope Tricks](#) we learned in PE and practice new tricks, or if you have a sibling or family member you could even try out some of the [Partner Tricks](#).
- **Throwing and Catching:** If you have space in your yard and it's safe to go outside, try to practice throwing and catching with a family member with a ball or a frisbee.
 - K-1: [Underhand Throwing \(ball\)](#)
 - 2-5: [Overhand Throwing \(ball\)](#)
 - [How to throw a Frisbee](#)
- **Striking a Balloon** (awesome activity for K-2nd Grade)
 - Blow up a balloon and practice striking it with different items in your house (or different body parts)
 - What is the hardest item or body part to control the balloon with? What's your record for the most number of hits without moving your feet?
 - [Here's an example of this balloon striking activity](#)
- **Basketball:** If you have a basketball or playground ball, practice some of the ball handling drills and challenges that we worked on in PE over the last few weeks
 - [Ball Handling Drills Tutorial](#)
 - [Ball Handling Drills Follow Along](#)

Stay Safe, Have Fun and Keep Yourself Active!

DAILY WORKOUT

4K - Kinder - 2 times

3rd Grade - 5 times

1st Grade - 3 times

4th-5th Grade - 6 times

2nd Grade - 4 times

beginner circuit

WORKOUT

by DAREBEE

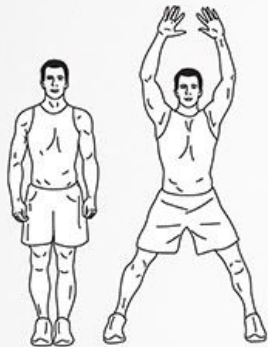
© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



12 jumping jacks



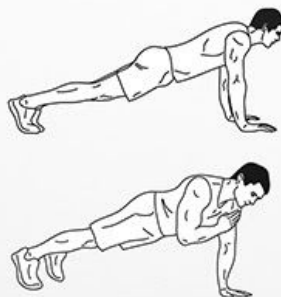
6 squats



6 calf raises



12 raised arm circles



6 shoulder taps



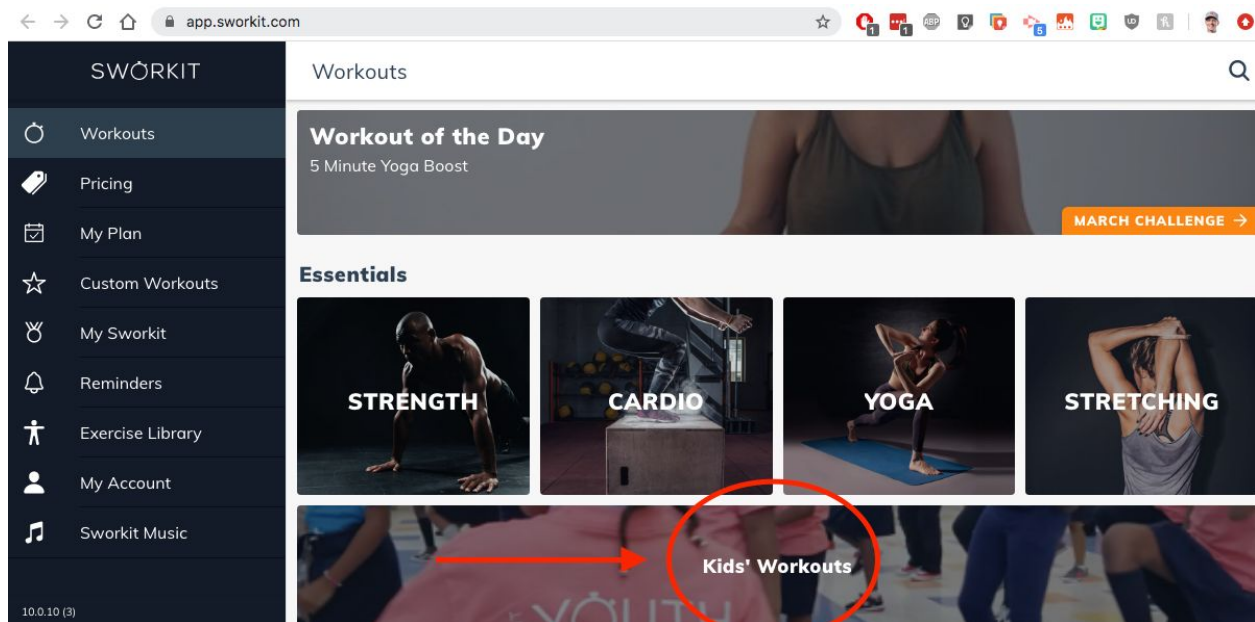
6 plank rotations

Additional/Supplemental Online Resources and Activities for PE at Home

Free Customizable Kid Workout Program

[Sign up for Sworkit](#) and use them for follow along workouts for kids

(they have a free kids workouts for anyone to use after signing up and they are even customizable and have student examples for all of the follow along workouts, just click on the “Kids Workouts” section after logging in)



- **Free One Page Paper Workouts from Darebee.com** ([Pick any of them here](#))
 - 4 minute warmup: <https://darebee.com/workouts/4-minute-warmup-workout.html>
 - Beginner Circuit: <https://darebee.com/workouts/beginner-circuit-workout.html>
 - Quick HIIT: <https://darebee.com/workouts/quick-hiit-workout.html>
- **Online Follow Along Workouts**
 - For example check out [Fitnessblenders Youtube Channel](#)
 - Another good one for Kids Workouts is [Glenn Higgins Fitness](#)
 - Do a [Would you Rather Workout Video](#)
- **Follow Along Dances:**

- Pick your favorite [Just Dance Video](#) and bust a move
- Have students complete [GoNoodle Follow Along Dances](#)
- Happy Follow Along: https://youtu.be/_swUGtEpazY
- **Practice or learn a popular Line Dance**
 - [Like the Cupid Shuffle for Example](#)
 - Or the [Sid Shuffle](#) from the movie Ice Age
- **Tons of at Home Activities and Resources**
 - [Active Home Resources](#) from OPEN Phys Ed

As always if you have any questions please email me at bridings@spartanburg3.org

Reminder: Before using any of these links make sure you have a parents permission!

No Internet?

Spectrum is offering 60 days of free internet to families who do not have access during the coronavirus pandemic: ([info here](#)) To enroll in the program, call 1-844-488-8395

Stay safe!

Coach Ridings