



GRADES 1-3 BENGALS PHYSICAL EDUCATION RESOURCES



Hello Everyone!

I hope this message finds you and your family healthy and safe. I will miss teaching you in PE while we are not at school, but the good news is you already have all the skills, tools and knowledge you need to keep your body healthy.

It is recommended for you to be doing moderate to vigorous physical activity for 60 minutes a day. I encourage you to get outside or be doing some sort of activity while you are at home.

I've included some daily workouts for you to try out and also linked up a ton of resources and activities that I encourage you to check out! I have also included a link to a google form that I would like you to fill out every day called 'Bengal Fitness Tracker'. [Fitness Tracker](#)

Parents/guardians you are the most influential person in your child's life. By respectfully working together to encourage physical activity, my aim is to help your child enjoy fitness and develop healthy lifestyle habits.

If you have any questions or concerns, please feel free to email me.

Stay Safe, Have Fun and Keep Yourself Active!

Mrs. K. Tufford

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[Fitness Tracker](#)

- **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](#)

- **Tons of at Home Activities and Resources**

- [Active Home Resources](#) from OPEN Phys Ed

- **Activity Calendar** - I have included a calendar in your package that was sent home.

- [Here's some examples from SHAPE America](#)
- <https://physedreview.weebly.com/-at-home-resources.html>

- **Activity Log:**

- Keep an activity log and track your activity over the break from school
 - [Here are some examples of activity logs](#)

- **Home Activity Packets:**

- <https://www.dropbox.com/s/7woiccdaxthd1c7/Capn%20Petes%20Home%20Activity%20Visual%20Packet.pdf?dl=0>
- <https://www.cbhpe.org/projector>
- [PE Follow Along Videos Collection](#)

- **Practice or learn a popular Line Dance**

- [Like the Cupid Shuffle for Example](#)
- Or the [Sid Shuffle](#) from the movie Ice Age

- **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
- Kidz Bop <https://kidzbop.com/>

- **Jump Rope:** If you have a jump rope, you can review some of the [Single Jump Rope Tricks](#) we learned in PE, or if you have a sibling or family member you could even try out some of the [Partner Tricks](#) we learned

- **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
 - [Underhand Throwing \(ball\)](#)

- **Striking a Balloon**
 - Blow up a balloon and practice striking it with 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](#)

- **Fun with Tape**
 - Balance Beam – Stretch a long piece of painter's tape to the floor and encourage them to walk across a beam or jump without falling off.
 - Ladders - Create ladders on the floor with tape to work on speed, agility and coordination
 - Hopscotch