



GRADES 4-6 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](#)

- **Basketball:** If you have a basketball or playground ball, practice some of the ball handling drills and challenges that we worked on in PE this year
 - [Ball Handling Drills Tutorial](#)
 - [Ball Handling Drills Follow Along](#)

- **Practice or learn a popular Line Dance**
 - [Like the Cupid Shuffle for Example](#)
 - Or the [Sid Shuffle](#) from the movie Ice Age