

Ms. Duplissa's at home PE Packet

Hello students! I hope you are all doing well and staying healthy and active. I miss you all! I have put together this packet with a variety of activities for each week that we are closed. I have included some main PE skills from our Spring units, some links for some online fun and some at home activities you can do if you do not have access to the internet or equipment. My goal is for you to stay active during your time away from school.

There are a couple ways to get a hold of me.

- You can email me at dduplissa@bsd44.org
- Follow my group Ms. Duplissa's Physical Education Page on Facebook
- Go to my website heckquawpe.weebly.com

In addition to this packet I will be posting skills videos on Facebook and on my website so be sure to check it out weekly! In this packet I have included an activity log for each week for the next 4 weeks (just in case). If you have more than one student in your household you can just use one with both kids names and grades or you can use one for each kid. At the end of the month you can take a picture of it and email me or when we see each other again you can give your log to me. Please just write in what you did each day for physical activity. If you do not have a printer you can just keep track on a piece of paper. Try and be active for at least 30 minutes every day with a structured activity (ideas given daily) twice a week for 30 minutes (like PE class). I also included a BINGO Challenge you can work on throughout the time if you would like to. You are not required to do all the activities weekly or on the days I wrote out just do what you can and most importantly have fun!!

Week 3 April 6th - April 10th

Monday	<p><u>Skill of the week-Track and Field- Sprinting</u> Running as fast as you can for a short amount of time.</p> <p>You could make a running track in your yard or on your sidewalk or driveway. Pick a short distance you want to sprint.</p> <p>Make sure you remember to pump your arms fast so your legs go fast!</p> <p>Practice ideas:</p> <ul style="list-style-type: none">-You could do relay races with your family.-Have someone time you to see if you can beat your speed-Have a race against someone else
Tuesday	<p>Bean Bag Toss- If you do not have a bean bag you can use a ball or anything else that is easy to catch. Follow the attached sheet for the activity.</p>
Wednesday	<p>Food groups coloring sheets- see attached sheets Or Go outside and play for 30 minutes!</p>
Thursday	<p>Follow the alphabet yoga activity below</p>



Friday

Work on activities on your BINGO CARD (you will find this attached behind this week but you can work on this for the next few weeks) **Free choice Friday!** Write what you did on your log!