



K-6 Outlaw Students & Parents,

I hope this letter finds you all healthy, happy, and staying active. Although I'd rather see each one of your lovely faces on a weekly basis in my P.E. class, I know being separated at this time is best for all of us. During this school closure, I want to provide opportunities for you to stay active. The CDC recommends that children and adolescents ages 6-17 years do 60 minutes or more of moderate-to-vigorous physical activity daily. But what to do if you're stuck indoors? I've got you covered with this list of amazing virtual P.E. resources that can help you find ways to bust some moves in the great indoors. In addition to some top virtual P.E. streaming videos and apps, I have also included some ideas for you if you are able to get outdoors...keeping your social distancing recommendations in mind.

Here are a few virtual P.E. resources to keep kids moving at home:

JUST DANCE

<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ>

Dancing is one of the easiest ways to get your body moving ... and grooving. As kids follow the moves on this YouTube-based dance challenge, they won't even realize they're getting in a great cardio workout.

COSMIC KIDS YOGA

<https://www.youtube.com/user/CosmicKidsYoga>

Stretch, bend and get movin' with the Cosmic Kids Yoga YouTube channel, where you'll find 10-20 minute guided yoga workouts for preschool to elementary school-aged kids. Kids will love striking poses in outer space, underwater, on the farm and more! You can also stream episodes on Amazon Prime Video.

THE BODY COACH

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k>

The Body Coach is a popular YouTube channel that features free, easy-to-follow, at-home workouts for everyone, including kids. Get fit no matter your fitness level with these active, engaging 5-8 minute videos. Joe Wicks also revealed to his followers that he will be starting online PE lessons during the school closures. The videos will start on Monday and run through until Friday on his YouTube channel. It's called "PE with Joe," as is a workout specifically designed for kids.

KIDS' HIIT WORKOUT

<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

This 30-minute-long exercise YouTube video is the perfect excuse to get moving along with your kids. HIIT (high-intensity interval training) is a workout that combines intense bursts of exercise and short, active recovery periods. Think marching, jumping jacks and squats. No equipment needed! Just put on a pair of athletic shoes and press play.

KIDZ BOP DANCE ALONG

<https://www.youtube.com/playlist?list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0>

Dance to the beat of G-rated versions of popular songs like *Thank U, Next*, *Señorita* and *Old Town Road*.

SIMPLY SOCCER: SOCCER DRILLS YOU CAN DO INDOORS

<https://www.youtube.com/watch?v=coQdgX1XbEM>

Take advantage of time spent indoors by honing your soccer skills! Simply soccer's 7-minute YouTube video shows you how to work on some fancy footwork skills from the comfort of home.

KARATE FOR KIDS

<https://www.youtube.com/watch?v=sRNQuIcqp4&list=PLEntKuZxXbME57HhYcNpg64h3Kn8ueigA>

Who wants to be a ninja? Join Abbey Manser on her YouTube channel to learn basic karate skills for kids.

SWORKIT KIDS APP

<https://apps.apple.com/us/app/sworkit-fitness-workout-app/id527219710>

The Sworkit Kids app makes it easy to create and tailor workouts that fit your kid's age, ability, and fitness level. Kids can count on building strength and agility as they're guided by app through an interval-style workout that mixes targeted exercises with fun challenges, making exercise feel more like a game than a must-do.

GONOODLE KIDS APP

<https://www.gonoodle.com/>

Teachers love to use the Go Noodle Kids app to get kids moving in the classroom. Interactive videos combine movement with mindfulness, helping kids center themselves for learning. The modules are short, making GoNoodle ideal for kids that need a quick energy boost through exercise.

Here are a few activities to do if you are able to get outdoors:

Most of the following are activities that I have taught you in your P.E. classes this year. It's always good to review!

- Play catch with a parent or sibling.
 - Throw with one hand, step with your opposite foot, and follow through. Thumb should end up at opposite pocket.
 - Catch with two hands, creating a diamond with your thumbs and index fingers if above your waist or your thumbs and pinkies if below your waist.

- Kick a soccer ball back and forth with a parent or sibling. Also practice dribbling a soccer ball.
- Ride your bike.
- Jump on your trampoline.
- Jump rope.
- Run laps around your house (skip, gallop, grapevine, slide, etc.)
- Practice dribbling a basketball.
 - Use one hand. Practice with both left hand and right hand.
 - Slightly bend your knees.
 - Keep your eyes up.
- If you have a hoop, practice shooting a basketball.
 - Remember to shoot with one hand, second hand is just a guide.
 - Bend your knees and use your legs when shooting.
 - Reach into the “cookie jar” to follow through on your shot.
 - Use the square on the backboard as a guide.
- Take your dog for a walk.
- Complete some of our basic warm-up exercises:
 - Jumping jacks
 - Superman
 - Burpees
 - Squats
 - Lunges
 - Plank
 - Sit-ups
 - Pushups
 - Wall sit
 - Handstand against wall
 - Stretches
 - Balance activities
- You can also do some simple household chores that will give you a good physical workout:
 - Rake the yard.
 - Sweep the porch.
 - Mop the floor.
 - Vacuum your carpet.
 - Haul wood.
 - Help fix a fence.
- Be creative!

Whatever you do...remember to take the time to BE ACTIVE each and every day. Keep your bodies healthy and strong by exercising. I can't wait to see you all again. In the meantime...stay safe, stay healthy, and PERSEVERE! 😊

~Mrs. Duncan

