

## K – 2 PE Assignment: Create a Tag Game

Hello students! We play many tag games in PE, such as Toilet Tag, Tunnel Tag, Roadrunner Tag, Sprout Tag, and even Sharks and Minnows. Last year two 2<sup>nd</sup> graders, Sienna and Penelope, created “Sprout Tag,” which many students enjoyed and we still play this year. Now is your chance to come up with a new tag game that we can play in PE. Use the following questions as guidelines as you create your game.

- Give your game a name
- How many taggers will there be?
- What do people do if they get tagged?
- Is there a way for people who are tagged to get back into the game?
- Where would this game best be played? (Outside or in the dance studio?)
- Is there any equipment needed for this game?

## Elementary PE Remote Learning Fitness Log

Hello Elementary PE Students! PE is going to be quite different over the next 2 weeks. It will be mostly self-guided and the main goal is to get moving and participate in physical activity. I will provide some videos that you can do in your house to get you moving. I will also send out ideas for activities you can do to work on athletic skills. Some of these will involve needing certain athletic equipment, so not everyone might be able to do them. If you don't have all of the equipment needed you can try and be creative and use items from around the house.

For one of your PE activities you will be tracking your exercise and physical activity throughout the week. I have provided a chart that you can print and fill out (Located in Files in Teams) that lets you log your daily activity in 15-minute chunks. Every time you exercise for 15 or minutes or more you can fill in the chart saying what you did. If you do more than 15 minutes, fill in as many blocks as you did. When you get to 1 hour, you get to color in the star. This means you reached your goal of one hour of exercises in a day. If you are unable to print out the form you can create your own.

What counts as exercise?

This can be wide open. If your body is moving then you are exercising. Here are some possibilities of things you can count as exercise:

- Running
- Hiking
- Riding a bicycle
- Dancing
- Lifting weights
- Playing on a playground
- Playing a sport (this could be playing in a game, or something as simple as playing catch or shooting baskets on a basketball hoop)
- Jumping on a trampoline
- Draw a Hopscotch course with sidewalk chalk and go through it
- Playing outside (moving around!)
- Playing in the snow
- Be Creative! What can you come up with on your own? You can share what you did when we return to school

## Elementary PE Stretches and Warm-Ups

Each day in PE we begin each class with a series of Stretches and Warm-Ups, followed by a short cardio exercise. This gets our bodies ready to participate in more physical activity for the rest of the class. Students can do these at home if they choose (and they would count towards minutes in their fitness charts). If they have siblings, I encourage them to do this together!

### Kindergarten – 2<sup>nd</sup> Grade

#### Stretching Routine

- Arm Across (Each arm)
- Arm Circles (Forward and Backward)
- Touch Toes
- One Leg In, One Leg Out (Flag Pole)
- Butterflies
- Crazy 8's
- Cardio Exercise (usually 2-5 minutes)

### 3<sup>rd</sup> & 4<sup>th</sup> Grades

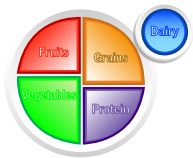
- In 3<sup>rd</sup> and 4<sup>th</sup> grade the students take turns leading stretches to the rest of the class.
- While on remote learning, 3<sup>rd</sup> and 4<sup>th</sup> graders may use the above stretching routine or come up with their own routine using ideas that we have come up with in class.
- Try to learn new exercises that you can teach to the rest of the class when we return to school

# Exercise is FUN! - Track your Move-It Minutes:

Write in your activities!	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Move-It minutes							
15 Move-It minutes							
15 Move-It minutes							
15 Move-It minutes							
Color in the Star when you have done 1 hour!							
Extra Move-It minutes							

My favorite Move-It activities are:

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