

May 2020

EMAIL:

Ms. Walsh-
walshem@pwcs.edu

Miss Coffey-
coffeybl@pwcs.edu

MON	TUE	WED	THU	FRI
				1
				Complete while watching a TV show. 10 Push Ups, 10 Sit Ups, 10 Squats, repeat
4	5	6	7 Active	8 Balance
Take a night time walk with family and explore the stars in the sky while walking.	Volunteer to weed the garden to help a family member to get a workout.	See how many times you can run around the outside of your house w/o stopping!	Be active for at least 60 minutes every day! How are you being active today?	Follow along with this Would You Rather: Balances video.
11 Catch	12 Dribble	13 Exercise	14 Feet	15 Game
Use <i>any</i> item- how many times can you toss and catch without dropping?	Practice your Dribbling at home!	Create your own exercise routine!	Move your feet! Walk, jump, hop, skip, run! Keep your feet moving for 60 minutes today!	Create your own game and email it to Walsh & Coffey! We might use it next year!
18 Hydrate	19 Intensity	20 Jumping Jacks	21 Kick	22 Locomotor
Drink plenty of water, EVERYDAY! 5-8 glasses a day!	Go for a walk outside and change your intensity- fast, medium and slow!	Jumping Jack Challenge! How many jumping jacks can you do in a <i>whole day</i> !	Use any item that can be kicked and create a goal. How many times can you kick and score!	Skip, gallop, leap and hop around your house!
25	26 Minute	27 Nutrition	28 Obstacle	29 Plank
Memorial Day Walk and talk with a family member about the sacrifices many made in service to our country.	Complete as many of these Minute Challenges as you can!	Explore choosemyplate.gov . Email Walsh & Coffey something you learned about nutrition!	Create your own obstacle course! Remember to go over, under and through.	How long can you hold a plank? Make sure to time yourself!
				

June 2020

EMAIL:

Ms. Walsh-
walshem@pwcs.edu

Miss Coffey-
coffeybl@pwcs.edu

MON	TUE	WED	THU	FRI
<p>1 Quarter</p> <p>Play Flip a Quarter Fitness!</p>	<p>2 Rhythm</p> <p>Using wooden spoons, follow along to High Hopes to create rhythm!</p>	<p>3 Sportsmanship</p> <p>Email Walsh & Coffey with a way to show good sportsmanship in PE.</p>	<p>4 Target</p> <p>Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!</p>	<p>5 Under</p> <p>Build a fort! Crawl under, through and around it!</p>
<p>8 Vertical</p> <p>Complete vertical jumps! Jump as <i>high</i> as you can for 30 seconds. Repeat.</p>	<p>9 Walk</p> <p>Take a walk and play Walking BINGO!</p>	<p>10 eXplore</p> <p>Use equipment with wheels (bike, rollerblades, skateboard) to eXplore outdoors!</p>	<p>11 Yoga</p> <p>Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind</p> 	<p>12 Zigzag</p> <p>Zigzag, zip, zoom your way into Summer!</p> <p>Remember to stay active for 60 minutes a day!</p>
<p>Sources: Choosemyplate.gov shapeamerica.org ArmstrongPE.com @MrSpringPE Mike Morris Youtube @LukeBeyer_PE River Eves PE</p>				