

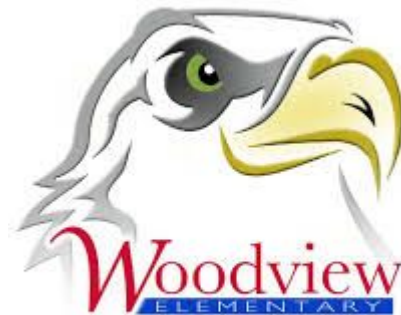
Remote Learning

Physical Education



Let's finish out the year strong!

kpalmer@wanee.org
khandrich@wanee.org



Hello Nappanee and Woodview!

We miss seeing all of you! As we move ahead into a remote learning routine for our final weeks of school, here are some tips and ideas that students and families are welcome to utilize together to support overall wellness.

If they are useful...print them off and share them with others! If they overwhelm you...come back to them later, reach out to us, or simply discard! **No activities are required or expected. The following powerpoint is simply a tool to help maintain fitness and overall wellness within your home.** Click the link below for an OPTIONAL May activity calendar:

<https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf>

We would love to see how you are choosing to be active during this time! Send photos/videos to:

kpalmer@wanee.org (Nappanee/Woodview)

khandrich@wanee.org (Woodview)

Three Daily Wellness Goals:



Take care of **yourself.**



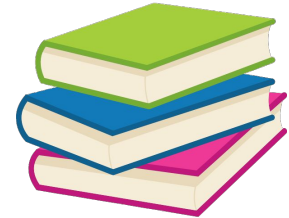
Take care of **your home.**



Take care of **each other.**

















Indoor Scavenger Hunt

- ♥ Goal is to increase your heart rate & have fun!
- ✎ Find 3 crayons
- ✎ Find a lost sock
- ✎ Find your favorite book
- ✎ Find something that is very soft
- ✎ Find 2 things that have wheels
- ✎ Find a spoon
- ✎ Find your favorite sweatshirt
- ✎ Find 3 things that make you happy
- 🏃 Now use your quickness to put everything away as fast as you can!



Extra Challenge: Make your OWN scavenger hunt for a family member and time them to see how quickly they can complete your hunt!

Outdoor Walk Bingo

Find a hill and run up it to increase your HR. 	Find 2 things that are yellow  	Stop and think of one thing that makes you laugh. 	Find a rock that has cool colors.	Do 30 seconds of Jumping Jacks 
Find a spider web with a spider in it. 	Count the windows on a house. 	Find an insect that is crawling.	Find a plant that is starting to grow 	Find a tree that is beginning to grow leaves 
Stop & think of one happy memory. 	Find 2 birds 	 <i>I Miss You!</i>	Stop & think of 3 things that you are thankful for.	Find something blue.
Find 3 different sized rocks	Stop & look up at the sky. Enjoy the view!	Find a rock that is smooth	Find a long walking stick.	Stop and think of one thing that makes happy.
Skip 30 seconds 	Find 2 things that move 	Find something red. 	Find a short twig.	Jog 30 seconds 

How are you feeling today? Choose what you need...

Click on the link to take you directly to the slide you want



Take care of *yourself*



Move: [Sidewalk Chalk Obstacle Courses](#)



Sweat: [Agility Ladder](#) & [How to Videos](#)



Eat the Rainbow: [Challenge and printable tracker](#)

Take care of *this home*



Gratitude: [Make sure everyone feels appreciated](#)



Home: [Ideas to help out at home](#)

Take care of *each other*

Be Present: [Be an active listener in your family](#)

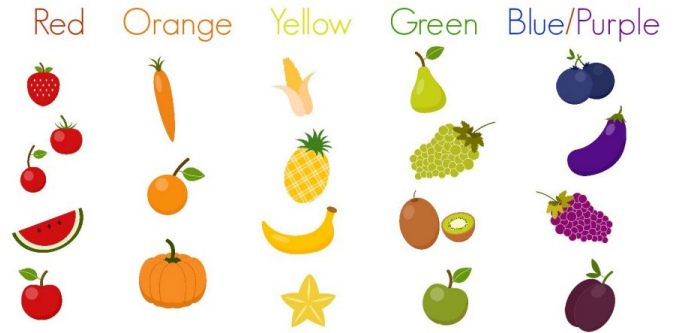
Take care of *yourself*

Take care of your **BODY**

- 🍎 Eat the rainbow this week!
- Use this [printable](#) tracker or create your own.



Pick at least one fruit or veggie from each color every day!




GrowingUpGabel.com




























Take care of *yourself*

WES

Take care of your **BODY**

-  Start the day with water.
- Stay hydrated throughout the day by drinking water.
- Use this [water tracking chart](#) or create a journal.

DAILY H2O CHALLENGE

NAME: _____		DRINK YOUR Water!				
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						

www.formommysdragons.com

Active Things To Do- Try to do one for at least 30 minutes


- Make an indoor or outdoor obstacle course
- Do cartwheels and handstands
- Create your own Olympics
- Play Four Square
- Play Tag
- Play Frisbee
- Go for a bike ride
- Do Jumping Jacks
- Jump Rope
- Do stretches- arm circles, leg bends, butterfly, etc.
- Vacuum the carpet
- Wash windows





Take care OF *yourself and others*

Take care of your **HEART**

-  Find a way to connect with others.
- Write a letter.
- Video Chat (with permission)
- Spend quality time

Sidewalk Chalk: *Rainbow Dash Course*



Run the Rainbow

Jump

Spin



Run the Rainbow

Spin

Jump

- Jump
- Jump
- Jump

5 Jumping Jacks

5 Push Ups

- Jump
- Jump
- Jump

Start



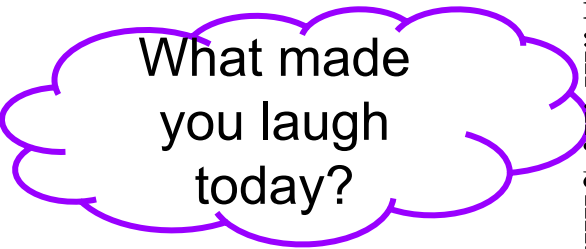
Run the Rainbow

Finish
or
Repeat

Sidewalk Chalk: *Gratitude Walk Course*

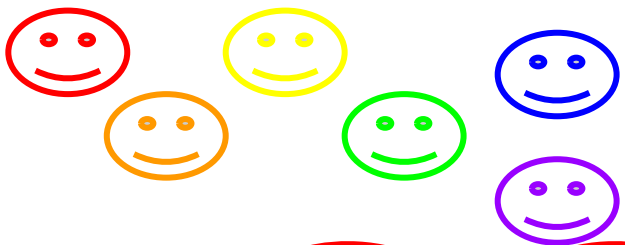


Walk the Stars



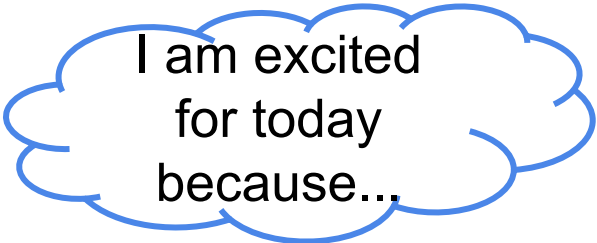
What made you laugh today?

Walk the Smiles



Stand here and think about what you are grateful for..

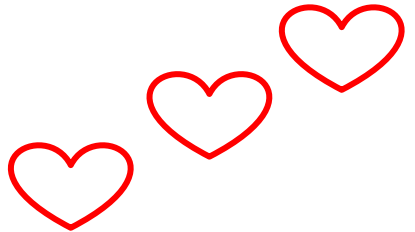
Walk the Hearts



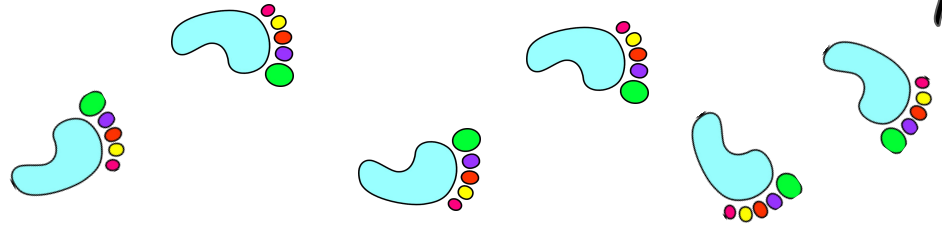
I am excited for today because...

Start

Finish
or
Repeat



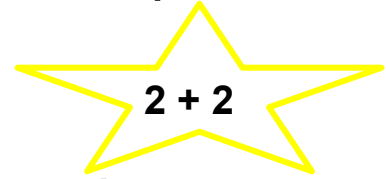
Sidewalk Chalk: Silly Monster Course



Monster Stomp



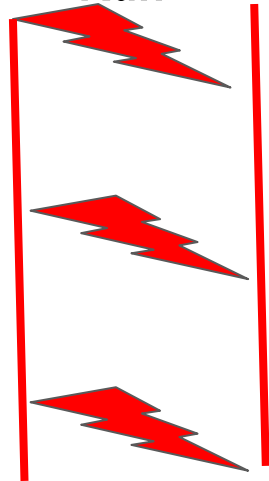
Squats



Lunges

Start

Run



Follow



Squats



Lunges

**Finish
or
Repeat**

Competitive Challenges to do with others:

When doing challenges at home remember:

- 1. Keep it safe**
- 2. Get permission**
- 3. Change the equipment if needed**

Slam Ball:

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-02-SlamBall.pdf>

Soccer Croquet:

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-12-SoccerCroquet.pdf>

Dribble Race:

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-11-QuickCuts.pdf>

Jump Rope Challenges:

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-01-JumpRopeRhymes.pdf>

Be Happy Beanbag:

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-03-BeHappyBeanBag.pdf>

Parachute Pass:

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-10-ParachutePass.pdf>

Fitness Activities!

Deck of Fitness:

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-06-DeckOfFitness.pdf>

Fitness UNO:

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-07-FitnessUno.pdf>

Fitness UNO Chart:

<https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-07-FitnessUno-Chart.pdf>





Take care of *this home*

Keep your home **STRUCTURED**



Make sure everyone feels involved and appreciated.

- ❑ Start a routine with a daily share out as a family.
- ❑ Write a note to someone using the prompts on the side as inspiration




Sharing Topic Ideas

- ❑ **High, Low, and Hero** - Each family member shares their high and low as well as someone who was kind to them or a "hero" that day.
- ❑ **Three Good Things** - Each person shares three good things that happened in their day or three things they are grateful for.
- ❑ **What did you do today that was kind?** - Each person shares how they were kind to others during the day.



Take care OF *this home*

Keep your home **CLEAN**




-  Do chores every day
-  Let some fresh air & light in.
-  Wipe down counters, doorknobs, and other high-contact areas.

- Tidy up your space
- Tidy up outside
- Make something SHINE!
- Fix something that is broken
- Display art
- Care for plants and pets
- Make a meal or bake a treat



Take care of *each other*

Take care by staying **PRESENT**

- ☐  Practice being a good listener for your family-”active listening”
- ☐  Don't let distractions let you grow distant from each other.
- ☐  Remember to practice gratitude for all the little things

