K-5 PE at Home

Hello Gators!

I hope everyone is doing great and keeping active! Hopefully we will all be back together in Physical Education class soon but in the meantime, I have some fun challenges and fitness activities for you to try out.

I will be posting new challenges every Monday on your classroom teachers “Teachers Page.”

I would love to hear what you are doing to keep active! Send me some pictures or videos of what you have been up to and I will post them on our Gretna Green Facebook page. Take care and I will see you all soon!

 Mr. Ryan

**Week 1 Challenge – “Create an Obstacle Course”**

* Using whatever you have at home, create a “safe” mini obstacle course for you and your family. This can be made inside or outside. I would love to see your creations too! Take a picture or video and send it to brandon.ryan@nbed.nb.ca or send it through Facebook Messenger.

**Week 1 Activities**

* Complete the “Fitness Bingo” sheet (see below)

GATOR BINGO

**Mark with an “X” the different activities you complete over the course of the week. How many different variations of BINGO can you get?**

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| --- | --- | --- | --- | --- |
| B | I | N | G | O |
| Go on a family walk. | Help make Lunch/Supper. | Drink Eight glass of water in a day. | Put on some music and dance for five minutes. | Clean up your room before bed.  |
| Take part in a BOKS daily fitness class. (Link at bottom) | Try a new activity.  | Draw a picture of a PE Game you would like to play when we get back. | Do 10 minutes of Yoga. (Link at bottom) | 10 Jumping Jacks10 Mountain Climbers10 Burpees  |
| Play outside for at least 15 minutes. | Have a Family Board game day/night. | FREE | Physical Activity of your choice.  | Call a friend or family member to check in.  |
| Build a fort. Inside or outside. | Skip 3 laps around your house. | Make yourself or your family a healthy snack. | Have a plank contest with somebody.  | Teach a family member a skill or game you learned in PE class this year. |
| Walk up and down your stairs for 5 minutes. | Win 10 games of Rock, Paper, Scissors.  | Send a picture (Through email or Facebook) to Mr. Ryan of you participating in physical activity.  | Have a crab walk race with a family member.  | Get 60 minutes of Physical Activity in a day. (Can be broken up throughout the day) |

**BOKS Videos (Choose 1)**

<https://www.bokskids.ca/boks-at-home/>

**YOGA Videos (Choose 1)**

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