

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?

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 Jacks 10 Mountain Climbers 10 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>