

Physical Activity
Wheeler Elementary School (WE)

Aloha WE Students and Families,

I hope you are all doing well, keeping safe, and staying healthy. This is a new and extremely challenging time in our lives. Staying positive, being patient, and supporting each other is essential.

As we know, physical activity is extremely important in our daily lives. It can help us to grow and live healthy, happy, and productive lives. While daily physical activity is important, there are many other essential needs that should also be done every day:

- Keep clean, wash hands often, stay healthy
- Good nutrition/eat healthy
- Stay hydrated, drink water
- Good sleep/rest
- Exercise your brain, think, read, do puzzles/word games, challenging activities
- Time for meaningful talk/conversations with others, establish good/positive relationships
- Establish a daily schedule/routine, everyone knows what is expected and what needs to be done, helps insure successful completion
- Help out around the house, have responsibilities/do chores
- Have fun/do something you enjoy

** Parent involvement in all of this is also essential. Importance, enjoyment, and long-term success/sustainment of these expectations is greatly enhanced when parents are actively involved with their children.

On the following page is a list of suggestions for physical activities. While some activities may not be as physically involved as others, all activities are meant to be challenging, fun, easy to adapt at home (inside/outside), and with keeping safety/health/social distancing in mind. Activities can be adapted/modified to your situation. Also, while many activities can be done with all elementary grade students, some activities may be better for lower grade (PreK, K-2) students, and some activities may be suited for upper grade (3-5) students. It is recommended that students try to have at least 30-60 minutes of physical activity every day.

Please take care and keep healthy, and stay active and positive!
Thank you so much for all your support and cooperation!
Mahalo and Aloha!

Derrick Kobayashi (Mr. K) - P.E. Teacher

Ideas for Physical Activities (HAVE FUN)

- ** Recommend 30-60 minutes daily
- ** Activities/materials can be modified/adapted to home environment /situation
(Be creative, use imagination, but safety considerations always come first)
- ** Keep in mind safety, cleanliness, and social distancing

- Walk, Jog, Run - (walk the dog, use pedometer/count steps)
- Ride bike
- Dribble skills - (basketball, soccer)
- Jump rope - (count, rope tricks)
- Hopscotch
- Catch bubbles - (blow bubbles, chase and pop them)
- Hula Hoop

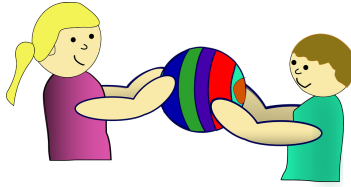
- Cardio workout - (exercise to music, movie, or with TV workouts)
- Follow the leader - (doing exercises/stretches/yoga)
- Exercise dice - (pick an exercise/roll dice to see how many repetitions to do)
- Animal moves - (move like an animal - gallop/horse, shuffle/crab, jump/kangaroo, stomp/elephant, stretch/giraffe, slither/snake, crawl/turtle, tiptoe/mouse)
- Dance - (upbeat music, variation – freeze dance/freeze when music stops)

- Balloon volleyball - (indoors, keeping the balloon up)
- Sock skating - (on smooth floors, be careful!)
- Hallway bowling - (with empty H15 plastic water bottles)
- Kleenex tissue juggling - (variation – crumpled paper balls, bean bags)
- Ball toss - (toss balls/bean bags/crumpled paper in a box/basket/bucket at increasing distances)
- Ball throwing at targets - (make balls out of crumpled newspaper and masking tape, use empty H15 plastic water bottles as targets)

- Yoyo
- Rubiks Cube
- House of playing cards - (build structures using only playing cards)
- Paper airplanes - (design, do trials, evaluate, redesign, do trials, evaluate, etc.)

- Obstacle course - (think safety!)
- Scavenger hunt - (think safety!)
- Help clean - (clean the house - clean up room, vacuum, wash dishes, wash car, take out trash, etc., variation –make it a race)

Online Resources for Physical Activities



Go Noodle - Go Noodle for Families

<https://www.gonoodle.com/>

PE Central

<https://www.pecentral.org/>

OPEN (Online Physical Education Network) - Active Home Module

<https://openphysed.org/activeschools/activehome>

Hip Hop Public Health - HYPE at Home

<https://hhph.org/h-y-p-e-at-home/>

Dynamic PE ASAP - In-Home Lesson Plans

<https://www.gophersport.com/blog/dynamic-pe-asap-in-home-lesson-plans/>

Cosmic Kids Yoga - YouTube

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