

eLearning Assignment Planning

Grade level: K-5

Exploratory teacher: Mrs. Howe (PE 4)

Hi there!

Please finish all the assignments by the end of each week (Friday.) I would encourage you all to do as much movement as possible every day to stay strong and healthy but you're only expected to do the assignment on the day you typically would have PE. If you or your parents have any questions please email me at jlmcdonald2@cps.edu. I surely miss you all!

With health,

Mrs. Howe

Week of:	Grades K-2	Grades 3-5
3/30- 4/3	<p>Activity 1: Begin PE with our normal warm-up routine. Instead of doing 10 of each let's try and do 15 of each of what you can. Warm-up is (forward arm circles, backward arm circles, jumping jacks, push-ups and lastly sit-ups.)</p> <p>Activity 2: Go to youtube.com and type in "cosmic kids trolls" or use this link https://www.youtube.com/watch?v=U9Q6FKF12Qs</p> <p>Activity 3: Go to youtube.com and type in "cosmic kids Wizard of Oz" or use this link https://www.youtube.com/watch?v=j_3weVPH0-U</p> <p>Activity 4: Go to gonoodle.com for a cool down after you complete</p>	<p>Activity 1: Begin PE with our normal warm-up routine. Instead of doing 10 of each let's try and do 15 of each of what you can. Warm-up is (forward arm circles, backward arm circles, jumping jacks, push-ups and lastly sit-ups.)</p> <p>Activity 2: 34 Minutes of dancing: https://www.youtube.com/watch?v=sHd2s_saYsQ</p> <p>Activity 3: HIIT workout: https://www.youtube.com/watch?v=lc1Ag9m7XQo</p> <p>Activity 4: American Heart worksheet: https://www2.heart.org/site/DocServer/DS-14880_KHC_A_HA_2018_Heart-Heroes-fruit-and-vegetable-f.pdf/467128116?docID=5299&verID=2</p>

	<p>one yoga video and type in "rainbow breath" or use this link https://app.gonoodle.com/activities/rainbow-breath?s=Search&t=rainbow%20breathe</p>	
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