



LET'S GET MOVING

Weekly Ideas to Help You Keep Active and Healthy



Movement Activities for: ANY TIME

Feel free to record any of these activities on your Fitness Calendar


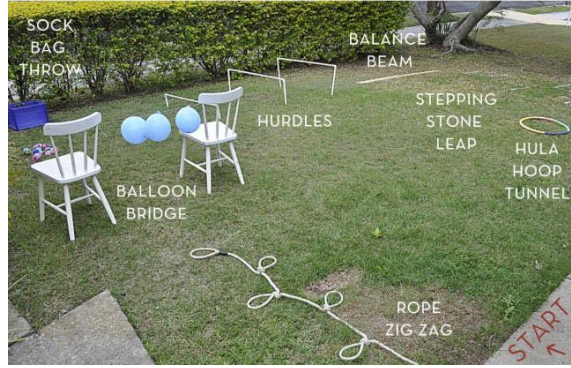
It's supposed to be a beautiful next few days. Let's go outside, and let's get moving and staying active and
Below are a few suggestion for the next three days, & remember your daily goal is to be active and moving for 60 minutes every day.

PS: The 60 minutes can be broken up into chunks of smaller time throughout the day.

During your day, if you choose, you can take a picture and/or describe what you are doing for physical activity and email it to me, or record it on your March Fitness Calendar (see page 2) and send it to me at the end of the month. If you send me photos, or just want to share your activity in the email to me, ask your parents if I have permission to post your activity description or Photo on my Password protected PE Power School Site.

You have my promise that I won't post anything that I have NOT received your permission from your parents, and the only people who can see our photos and activities are other students and families at Juanita Elementary

Sincerely, Mrs. Kohlwes Email: lkohlwes@lwsd.org

	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3
Suggestions for activities	<p>Activity Idea: Walk/Jog with Strength Building</p> <ul style="list-style-type: none"> • Walk or Jog (10 minutes) • Do 10 squats (1 minutes) • Walk or Jog (10 minutes) • Do 10-20 push-ups (2 minutes) • Walk or Jog 10 minutes) • Hanging Stretch like we do in PE (1 min.) • Walk or Jog (10 minutes) • Jump in place 100 times (3 minutes) • Walk or Jog (10 minutes) 	<p>Activity Idea: Build an obstacle course! <i>Ask permission from mom & dad before building.</i> Use items from your house or things you can find outside (sticks, rocks, etc.) and build an obstacle course for you to complete. Example: Lay sticks down like a ladder and jump over them with one or two feet...combine different obstacles to create your own course!</p> <p>Credit: Thanks Mrs. Hammond & Mrs. Durbin: PE Teachers at Helen Keller for this great idea</p> 	<p>Activity Idea: Take A Hike Do You Like To Hike. Visit some of these parks and trails. Remember, always go with a family member, keep your "social distancing" <i>As you plan your trail outing, be prepared that some trails may have limited services, including closed facilities like bathrooms, depots and visitor centers.</i></p> <p>Links to Great parks around the area:</p> <ul style="list-style-type: none"> Kirkland Corridor trail St Edwards state park Burke Gilman Trail Kamiakin Middle School Track Aerial View Big Finn Hill Park and Trails Marymoor Park 132nd Square Park Juanita Beach Trails and Parks in Washington State Best Trails in Washington State

