



LET'S GET MOVING

Weekly Ideas to Help You Keep Active and Healthy



Movement Activities for: ANY TIME

Feel free to add any of these activities to your fitness calendar

Let's go outside, and let's get moving and staying active and healthy.

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

PS: With all video links found below, you should hover your mouse over the link and then right click to take you to the site where the video is located.

Suggestions for activities	Activity Choice 1		Activity Choice 2		Activity Choice 3	
	Skill-Activity Idea	Cardio and Dance	Skill-Activity Idea	Creativity & Cardio	Skill-Activity Idea	How to Skill Videos
	<p>If you have Internet Access and a Computer, Complete the Go Noodle Dances linked below and play all the videos. Each video is 3-5 minutes long, so this almost adds up to 60 minutes.</p> <p>Poppin' Bubbles Dance I'm Still Standing Hit the Ball Y'All The Ball Is In Your Court Never Eat Soggy Waffles Guacamole Moose Fabio, Don't Wear No Socks How To Floss "Dance" U Can't Touch This Clap Stomp Jump</p> <p>If you don't have Internet access or computer, listen to your favorite songs and dance a long, Pick both slow and fast songs, and space your dance activity through out the day.</p>		<p>Mrs. Kohlwes did a video yesterday (Sunday) where she took the Dots and Boxes (Pencil Paper Game) and turned it into an "Outdoor" Exercise Game.</p> <p>Check it out on my PowerSchool Site at this link. Remember this site requires a UserName & Password</p> <p>Link to Mrs. Kohlwes' Personal Videos for Game and Fitness You Can Do At Home</p> <p>Create your own fun game that you can at home in the back yard or in your house.</p> <p>For example, hide five objects around the house (like a small toy, stuffed animal, toy car) with notes attached to each object giving them three choices of exercise they have to do for 3-5 minutes. For example the choices could be Jog in place, Jump in place, take 10 walking or running lags around the year. Give the list of objects and clues to where the toys are hidden to a family member & have them complete your game.</p>		<p>Learn How to do the following skills or activities either on Go Noodle, or a family member who might already have this skill. Just click on the bold "links" below</p> <p>How To Spin A Basketball On Your Finger Spin A Basketball on Finger Go Noodle Skill Video</p> <p>How to do the dance move, "Hit the Woah Guided Dance" Go Noodle Dance Video</p> <p>Get Exercise and Learn the Zumbazoka Zumba Dance at the same time. Go Noodle DanceVideo</p> <p>How to Do the Burpee Exercise Go Noodle Exercise Video</p> <p>Get Energized Stretching Go Noodle VIdéo</p>	



