



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.


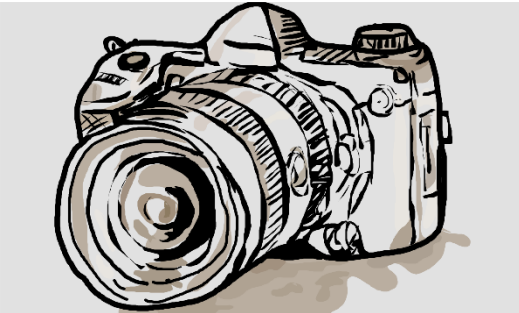
Below are a few suggestion for the next three days, & remember your daily goal is to be active and moving for 60 minutes every day.

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

Suggestions for activities	Activity Choice 1		Activity Choice 2		Activity Choice 3	
	Skill-Activity Idea	Jump Rope & Cardio	Skill-Activity Idea	Photo of Your Activity	Skill-Activity Idea	Chores and Responsibility
	<p>Try this fun activity with step by step directions on how to do different type of jumping with a jump rope.</p>  <p>Thanks to my friend and PE colleague, and teacher at Thoreau Elementary, Kelsey Korby.</p> <p>Just click on the image on your left, which is a link to the original document.</p> <p>Also when you receive this Activity sheet by email, I will also attach Mrs. Korby's jump rope activity.</p>		<p>Send me a photo of one of the fun things that you are doing either by yourself, with a brother, sister, or pet, or your mom and dad that shows doing an fun activity or skill that get's you moving</p> <p>Email me the photo on an attachment (and ask your parents permission) for me to post it on my password protected PowerSchool site.</p> <p>Thanks to the Dhara, Davidson, Peek, and Crandall Family for sending in photos.</p> 		<p>Help your parents with chores around your home, or in your yard.</p> <p>Here are Examples <i>(All with parent permission, of course)</i></p> <ul style="list-style-type: none"> • Set and Clear the Table • Vacuum • Mop • Clean Your Room • Fold the Laundry • Wash the Car • Garden (water or weed) • Sweep the porch, deck or driveway • Scrub the Sinks • Dust • Organize Bookshelves • Bathe or Groom Your Pet • Take the dog for a walk • Clean up your water or food bowls, or litter box for your Pets 