



LET'S GET MOVING

Weekly Ideas to Help You Keep Active and Healthy

ACTIVITY WEEK 4

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.


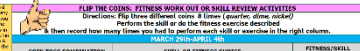






PS: The 60 minutes can be broken up into chunks of smaller time throughout the day.

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	Flip A Coin Warm Up	Skill-Activity Idea	Photo of Your Activity	Skill-Activity Idea	Fitness Circuit
	<p>Try this fun activity with also a downloadable form that you can print & write in, or just type in the text box, save with your name, and send in an email to me, Mrs. Kohlwes at lkohlwes@lwsd.org</p>   <p>Just click on the image on your left, which is a link to the original document.</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, Heinz, Tanke, Lucarelli, Townsend, and Crandall Family for sending in photos.</p> <p>Link to the my PE Power School Slide Show of Students Doing Activities</p>  <p>Link to: Activity Photo Slide Show (Requires a username and password)</p>		<p>As shared by Mrs. Korbby: PE Teacher at Thoreau</p> <p>Complete each activity for one minute then repeat circuit. 2x = 10 minutes; 3x = 15 minutes</p> <ol style="list-style-type: none"> Jumping Jacks  Squats  Crunches  High Knee March (in place or around the room)  Arm Circles  	

Activity Choice 4

Skill-Activity Idea

Flip A Coin Warm Up

Try this fun activity these fun warm ups.
 Runner Beans is an Activity that we've done in PE, and then of course there are the fabulous Go Noodle Videos. These videos are called 'Indoor' Recess which is great for our "rainy" Northwest Weather

Runner Beans Warm Up

[Link to Runner Beans Warm Up](#)



Go Noodle Indoor Recess Videos

Thanks to the Bezdrob Family for sending me a photo of their two girls doing Go Noodle Video Dances in front of their TV

All these activities can be done indoor with little or no equipment. Love it!

Links to Go Noodle Rainy Day Recess Video

- [Indoor Recess You Pick 3](#)
- [Indoor Recess Chillax to the Max \(Stretching\)](#)
- [Indoor Recess Party Time \(Work Out\)](#)
- [Indoor Recess Nerdy By Nature \(Guided Dance\)](#)
- [Indoor Recess: You Pick 1 \(Work Out\)](#)
- [Indoor Recess: You Pick 2 \(Work Out\)](#)
- [Indoor Recess You Pick 2](#)

Link to Document checking off which activities you completed

- [PE Activity Log\(Form That You Can Type In\)](#)
- [PE Activity Log \(Document That You Fill Out in Your Own Handwriting\)](#)

Activity Choice 5

Skill-Activity Idea

Photo of Your Activity

Complete these "on paper" or on the computer (as in my PE PowerSchool) Online Polls and Surveys

Email me the All About Me and PE Poster or Fitness is Fun Art or Completed March Calendar via email. Thanks to **Abigail S., and Kaylynn and Taylor S.** for completing their Posters and sending them to me.

Thanks to **June D., and Anton, Henry, and Lucy C.** for sending me photos of their completed Fitness Art.

Thanks to **Alaina A. Sophia T., Olivia S., Pari C. Arigkhaan E., Jacob & Ethan W.** for completing PE Polls on my PowerSchool Site.

Thanks to all the students who completed their March Fitness Calendars and other online Activities. Remember, tomorrow is the last day of March, and Optional March Fitness Calendars are due on or before April 3rd

Fitness Polls and Survey Link

(On PowerSchool which requires username and password)

All About Me and Pe Fitness Poster Link

Links For:

- Fitness Art for Primary: K-2nd grade**
- Fitness Art for Intermediate: 3rd-5th grade**
- Fitness Art for All Grades**

Links For:

- March Fitness Calendar**
- April Fitness Calendar**

Link to the my PE Power School Slide Show of Students Doing Activities

Activity Photo Slide Show (Requires a username and password)