

Hey Kids:

I miss you!! I miss your busy bodies running around the gym, teaching you skills, your humor, your smiling faces, and especially the noise you make in the gym! I hope you've been doing some moving. I've been trying to move everyday for at least 60 minutes myself. When I can't do it, I try doing a little more the next couple of days. Remember your 60 minutes don't have to be all at once. You can do 5-10 minutes at a time. It also doesn't have to be what we think of as exercise. You can help around the house, go up and down the stairs, or play with your dog. I'm attaching a calendar. These are suggestions, if you want to do other things, go for it. I would like you to try the fitness testing at the beginning and the end to see if you can make some improvements. Remember the first one is to see where you're at now. Just try your best. Remember to have fun with it! Feel free to teach your family what we do! You know this stuff and if you don't remember, maybe they will from having me or other PE teachers! If you want to keep doing this all summer feel free to repeat it once you get to the end. I can't wait to see you again!

Keep moving,

Ms. T

Parents:

Also if you have internet access here are sites that have workouts and movement on them geared toward kids. Some also have an adult workout component too, if you're interested. All of the sites are free as of this writing. All of this is on my webpage too, under Covid 19 distance learning.

[Planetfitness.com](https://www.planetfitness.com)

[Gonoodle.com](https://www.gonoodle.com)

bring sally up and CosmicKidsYoga on youtube

On this page you'll find what you need for the attached calendar. The most important thing I want you to remember is to try and get 60 minutes of exercise a day. If you can't do what's on the schedule, do your own thing or pick a day you like.

Fitness testing, write this down on your calendar.

Sit ups- how many can you do without stopping. No one can hold your feet, you can't help yourself up with your arms. These are real sit ups. Two "mistakes" and that's your score.

Push-ups- arms must go to 90 degrees, chest should hit a shoe under you. No stopping, Two mistakes and that's your score.

Trunk lift- lay on your stomach, how far can you raise your chin off the ground?

Sit and reach-shoes off, legs flat, feet against a wall, stretch as far as you can, keep your knees down and hands at the same length. How far did you get, your knees, ankles, toes, knuckles on the wall?

Warm ups-arm circles, helicopters, neck circles, windmills, elbow up, butt kickers, high knees, butterflies, high kicks, lunges, high kicks, forearm planks, hand planks, plank up up down down, plank jacks- legs do jumping jacks, push ups, sit ups, mountain climbers, jumping jacks, burpees-jump up/pushup

Work out card game:

If you don't have cards try making cards. A is Ace and worth one, numbers are themselves, J is Jack =10, Q is Queen =10, K is King =15

Clubs are black and looks like a clover = SIT UPS

Spades are black and like and upside down heart = SQUATS

Hearts are red and you know them = BURPEES

Diamonds are red and I think you know them-square on its side= LUNGES

You can play by yourself or against one or a lot of people. Someone draws a card, say 6 of spades, they do 6 squats, next person goes, draws Q of hearts, they do 10 burpees.

Keep drawing until someone is too tired to go on, last person standing wins. If playing by yourself see how many cards you can do in 10 minutes.

Remember to keep moving!! I miss you!! If you have questions email me at

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