

# April 2020 CCPS Elementary Phys Ed At-Home Calendar

## Grades 3-5

### Considerations:

- Be sure to ask parents and guardians for permission before starting any activities... Adult supervision helps to keep kids safe.
- Make sure you have enough space to do all activities safely.
- These activities are meant to be done at the home and with immediate families... Maintain social distancing during all activities and wash your hands well and often.

### Here's the plan:

1. Start with a warm up of walking, jogging or dancing (try a GoNoodle video)
2. Complete the exercises assigned for the day
3. Add in any activities from the resources below
4. Finish with a cool down using yoga poses and/or a video from GoNoodle
5. \*\*\* (As you find what you enjoy and what works for your family, feel free to substitute warm-up, cool downs, and add more activities if you like.)

### Online Resources:

**GoNoodle:** Create a free account for fun exercise/movement videos at [www.gonoodle.com](http://www.gonoodle.com)

- *Awesome Sauce, Kidz Bop, Fresh Start Fitness, and Zumba Kids* are great for getting kids moving and **warmed up** for exercise.
- *Flow, Think About It, and Empower Tools* are good for **cool down** activities

Find challenging workout videos and instructions at [www.darebee.com](http://www.darebee.com)

Click on this [PDF](#) for a list of additional April activities:

<https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf>

Click here [Health.Moves.Minds](#) for a calendar of daily activities for April:

<https://www.shapeamerica.org/uploads/pdfs/2020/calendar/April-2020-Elementary-Calendar-English.pdf>

You can view [Yoga Pose Cards](#) here:

<https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf>

**Have questions? With your parent's/guardian's help, reach out to your PE teacher:**

DES	Mrs. Karek	<a href="mailto:karek.dianna@ccpsstaff.org">karek.dianna@ccpsstaff.org</a>
	Mr. Pittsinger	<a href="mailto:pittsinger.eric@ccpsstaff.org">pittsinger.eric@ccpsstaff.org</a>
FES	Mrs. Willoughby	<a href="mailto:willoughby.rebecca@ccpsstaff.org">willoughby.rebecca@ccpsstaff.org</a>
GES	Mr. Thomas	<a href="mailto:thomas.dwayne@ccpsstaff.org">thomas.dwayne@ccpsstaff.org</a>
	Mrs. Weber	<a href="mailto:weber.donna@ccpsstaff.org">weber.donna@ccpsstaff.org</a>
PES	Mrs. Saylor	<a href="mailto:saylor.christina@ccpsstaff.org">saylor.christina@ccpsstaff.org</a>
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# April 2020 CCPS Elementary Phys Ed At-Home Calendar

## Grades Pre-K - 2

### **Considerations:**

- Be sure to ask parents and guardians for permission before starting any activities...  
Adult supervision helps to keep kids safe.
- Make sure you have enough space to do all activities safely.
- These activities are meant to be done at the home and with immediate families...  
Maintain social distancing during all activities and wash your hands well and often.

### **Here's the plan:**

1. Start with a warm up of walking, jogging or dancing (try a GoNoodle video)
2. Try the activity assigned for the day
3. Add in any activities from the resources below
4. Finish with a cool down using yoga poses and/or a video from GoNoodle
5. **\*\*\***(As you find what you enjoy and what works for your family, feel free to substitute warm-up, cool downs, and add more activities if you like.)

### **Online Resources:**

**GoNoodle:** Create a free account for fun exercise/movement videos at [www.gonoodle.com](http://www.gonoodle.com)

- *Awesome Sauce, Kidz Bop, Fresh Start Fitness, and Zumba Kids* are great for getting kids moving and **warmed up** for exercise.
- *Flow, Think About It, and Empower Tools* are good for **cool down** activities
- *Indoor Recess* and *The Champiverse* can get pretty silly, but include lots of movement for younger kids

Also good for **warm-up** or **cool down** is [Cosmic Kids Yoga](http://www.cosmickids.com)

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	Mr. Pittsinger	<a href="mailto:pittsinger.eric@ccpsstaff.org">pittsinger.eric@ccpsstaff.org</a>
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