

PHYSICAL EDUCATION SUGGESTIONS as of April 6, 2020

Hello everyone!

Hopefully you have kept as active as possible through these three weeks!

My suggestions for physical activities have not changed much, but I have just heard from Steve Williams that his taekwondo studio will offer...

FREE ONCE A WEEK CLASSES FROM TIGER ROCK! (SEE FLIER ATTACHED)

Steve Williams comes to St. Cletus once a year and gives guest lessons during my regularly scheduled classes. This is a great way to get some exercise and do it in a different and fun way! The flier I have attached has the information you will need for you to participate!

Some old-fashioned suggestions...

I was thinking back to my childhood (when there was not much television, no computers, no cell phones, etc.) we played hopscotch, and jumped rope. I don't know if you have the equipment for any of those; chalk, and a jump rope, but perhaps you could improvise.

These suggestions are still great ideas:

Pre K 3 & 4, Kindergarten, and First Grade*

These children are used to playing freely with some structure at P.E. time. I always encourage them to run and jump and play vigorously.

If you want a more structured play time:

- If your yard has a fenced in area that is empty of obstructions, have them move (run, jump, hop, crawl) from one fence to the other.
- Clap freeze game: have your child move in any way (you can choose for them; run, tip toe, jump, hop, crawl) and tell them to keep going until you clap three times. When you clap three times they freeze.
- Practice catching and throwing with them. It doesn't have to be a ball, it could be a pair of socks, a stuffed animal, or any toy that is catchable.

**Kindergarteners and first graders can also perform the exercises listed for second through fourth graders if you wish to give them a good work out. (except for the high knees, vertical jumps and karaoke, they have not learned those as of yet)*

Second through Seventh Grade

These children are used to a very structured time during P.E. If you wish to continue in that manner, here is what they have been working on in class:

- Exercises – we repeat the following exercises 20 times each:
 1. Jumping jacks (arms and legs go out from the body diagonally, jumping outward and clapping over the head)
 2. Waist twists (upper body twists from side to side, arms can be out or at the waist)
 3. Squats (legs bend with feet staying in contact with the ground and back keeping as straight as possible)
 4. Butterflies (upper arms move in and out from the sides of the chest in a bent position)
 5. Pull downs (arms begin in a “muscle man” position and reach up above the head to pull down an imaginary rope on each side)
 6. Straddle leg stretch (with their legs out to their sides, students touch the ground between their legs and hold that positions for a count of “20”. They

then grab their right ankle and hold that for a count of “20”, then they grab their left ankle and hold that for a count of “20”.

7. Pushups (students hold themselves up with their legs extended out; balancing themselves on their hands and toes. Their body needs to be in a straight line throughout the push up) The students bend and straighten their elbows - this lowers their body down toward the ground. They do not allow their body to touch the ground completely.
- Locomotor movement across the area – if you have an area of the yard that is relatively free of obstructions you can have your child to these movements across that area:
 1. Shuffling
 2. Skipping
 3. Galloping
 4. Jumping
 5. Hopping on one foot
 6. High knees
 7. Vertical jumps
 8. Karaoke (grapevine movement with legs going in front and behind each other alternating)
 9. Running
 - Any other physical activity they wish to do: catching, throwing, jumping rope, playing chase to name a few.

Or you can simply allow your child to enjoy playing freely outside, making sure they are moving about and not sitting with a book or game console.

If the weather or circumstances don't permit outside time, then check out these sites for many choices of engaging movement videos:

- *Go Noodle*
- *Brain Breaks*
- *The Learning Station*

- *The video I would recommend for a really good exercise workout is **Jumping Jaxs Kids Workout**. It is geared to children 6-13; so younger children would probably struggle with it, but could of course try it.*

I am still praying for everyone to be safe and free of the virus and for us to be able to return to school as quickly as is deemed safe to do so. May the Lord Bless us and keep us.

Please email me if you need any help with this information!

Love, Mrs. Lee



**FREE Community PE Class
Every Wednesday at 1 PM**

Hello, Parents and Children of Jefferson Parish!

We wanted to let you know about a special community service that Tiger-Rock is providing for all the children of our area. We will be hosting a FREE Community PE Class every Wednesday from 1 PM to 1:40 PM LIVE across our Facebook Pages. Please help spread the word and let everyone know about it. We hope that you'll join us!

LIKE and FOLLOW us on Facebook. You should receive a notification each time we start the LIVE class.

Metairie by Panda Express facebook.com/tigerrockmetairie or "Tiger-Rock Martial Arts of Metairie"

Metairie by Bonabel Blvd facebook.com/tigerrockmetairieeast or "Tiger-Rock Martial Arts of Metairie-East"

West Bank on Lapalco facebook.com/westbanktigerrock or "Tiger-Rock Martial Arts (Westbank)"

North Shore in Mandeville facebook.com/tigerrockmandeville or "Art Monroe's Tiger-Rock Academy"