Remote Learning & Physical Education
Hi all!

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Tell me who you are and your fave way to get moving!
Remote Learning Webinars
**SPECIALS EDITION**

- Tues, April 7th: Remote Learning & PE  [https://bit.ly/3aONBYV]

ESC Region 12 wants to provide you with the necessary supports and skills to meet student learning needs now and in the future.

These remote learning webinars are free and open to anyone, including parents and the community.

Register for each webinar using the links above. A Zoom link will be sent to all registered participants. All sessions are recorded for future viewing.
Happy, Healthy Kids

- Outdoor Play
- Indoor Activities
- Resources
Encourage your child to play outdoors—it’s great for physical and mental health. Take a walk with your child or go on a bike ride.

Centers for Disease Control & Prevention, 04/2020
Tips for Physical Distancing In Parks

Know what 6 feet looks like. Lay measuring tape on the ground. It’s the distance of a surfboard, long yoga mat or adult bike.

Do not use playgrounds or other frequently touched surfaces.

Go by yourself or those you live with.

Avoid crowded areas. If a space cannot be enjoyed safely, go home or discover a new park in your community.

For more resources on how to use parks safely during the COVID-19 pandemic, please visit: nrpa.org/
Roll a small rock on this BINGO board, wherever the rock lands on, that's the activity you must do. First to mark off all the cards wins the game.
10 Activities to do at the Park

templetx.gov/virtualrec

- Jog/Walk
- Hike
- Play Frisbee
- Bike
- Play Catch
- Do Yoga
- Jump Rope
- Walk a dog
- Roller Skate
- Hula Hoop
Scavenger Hunts

How could you make an outdoor scavenger hunt engaging for a teenager?
Another #COVID19 activity for those students learning from home - Using sidewalk chalk, create an obstacle course in real life, on your driveway! A great way to enjoy the spring weather & promote movement! (Attached are a few obstacle course ideas to help you get started)

Scrolling through social media and see this! Do you love chalk? How about math? Look at this perfect way of making chutes and ladders into a fun math outdoor activity! @KPatton9697 #connect

Ms. Price’s 7th grade science class did a sidewalk chalk activity creating a pH scale using household products. SO. FUN. @SFMsharks #SaveTheHandSanitizer #BCSDelLearning #SedgeStories #WeAreSedgefield
Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to help your child stay healthy and focused.

Centers for Disease Control & Prevention, 04/2020
Physical Breaks

Use a tool kids are familiar with.

Go Noodle - Good Energy at Home
Yoga Break

Cosmic Kids Yoga
Yoga Journal Poses for Kids
Kids Yoga Stories
Dance Breaks

Think outside the box...

How many different types of dance can you think of?
Class is in Session!

Kidz Bop
Dance Parent 101
Saskia’s Dansschool
Haschak Sisters*
Mihran Kiakosian*

*pause and replay for learning may be needed
Great Ideas!
Resources for Teachers & Parents
Shape America

- Online PE Guidance
- PE Packets
- Content From Educators
- Content from Corporations
#HPEatHome

A global collaborative of healthy and physical education teachers.
PE with Joe

9am each morning for a 30-minute, fun workout aimed at kids.
Ideas!
More Ideas!

5k Your Way, Move Against Cancer @cancer5kYourWay · Apr 2
How awesome is this?! Monopoly fitness time! Give it a go and let us know how it goes :) Have fun! #MoveYourWay #MovementMatters #MonopolyMovement

Mordenmlsphythed @mordenmlsphythed · 7h
Virtual run through London @mapleleaf_wsd @PEkylet #wherewillyougo #PEathome
HomeCourt is a fast and fun way for anyone to develop core basketball skills, from beginner to pro.

To help our athletes and communities stay active in a safe and healthy way during the COVID-19 pandemic, we are unlocking all HomeCourt features for free through the end of April.
Tech This Out!

Alexa, Open Animal Workout!

Google Freeze Dance
Name one thing you’ll share or try out!
SHAPE America - Society of Health and Physical Educators
https://www.shapeamerica.org/covid19-resources.aspx

#HPEathome Website
https://sites.google.com/view/hpeathome-games

Best Free Online Dance Classes
https://danceparent101.com/best-free-online-dance-classes-and-tutorials-for-school-aged-kids/#kidzbop

PE at Home Resource Folder
https://drive.google.com/drive/folders/1E5_NFdG6489fTjdBUptml6kNfTDzcDxN

More PE Resources (Blog)
https://tallteaching.wordpress.com/lesson-plans/
Thank you!

Reach out for additional support or ideas!