

April LCS PE Activities

Please post on the school home page and on the school social media (Facebook).

Links for the month:

Elementary April Activity Calendar:

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

Secondary April Activity Calendar:

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

Family PE games to play together!

Monday: Paper Plate Tabata

<https://www.wevideo.com/view/1614233931>

Tuesday: Super Deck Workout

<https://www.shapeamerica.org/uploads/pdfs/2020/resources/SuperDeck-Color-Your-Own.pdf>

Wednesday: UNO Workout

<https://www.youtube.com/watch?v=WpQELturJfs>

Thursday: Make A Fitness Spinner (A Countryman Family Favorite)

<https://www.youtube.com/watch?v=et41W2Z2sqY>

Friday: Choose from PE Ben's Great Choices

https://www.youtube.com/watch?v=MzGYBV_XQEc

Mr. Rapant's Exercises:

Sit-ups

High Heels

Push-ups

High Knees

Arm Circles

Body Rotations

Jumping Jacks

Monster Walks

Toe Raises

Week 4 UPDATE (4/6):

Monday: <https://t.co/mkumCm31KX?amp=1>

Tuesday: https://twitter.com/_CoachSnyder/status/1244620981290876928?s=09

Wednesday: <https://youtu.be/2XuZbDDSJAK>

Thursday: <https://youtu.be/UJeH8gcjuj0>

Friday: <https://youtu.be/BGWKdT60IHc>

Week 6 Update: (4/14) Please update for the week of the 20th

Monday: <https://physedreview.weebly.com/-at-home-resources.html>

Tuesday: https://twitter.com/ms_d_pe/status/1247158263398961153/photo/1

Wednesday: <https://twitter.com/MrColemanRules/status/1249703412620460032/photo/1>

Thursday: <https://www.gophersport.com/blog/activehome-8-poses-for-better-flexibility/>

Friday: <https://www.gophersport.com/blog/activehome-9-kettlebell-activities-with-equipment-substitutions/>

Elementary Health Weekly Article/Activity Link:

<https://kidshealth.org/en/kids/fit-kid.html?WT.ac=ctg#catfit>

Week 7 Update: (4/27)

Monday: <https://t.co/DOOWqLgOIF>

Tuesday: <https://t.co/JryRreDk4g>

Wednesday: <https://t.co/cNspMmGRBF>

Thursday: <https://t.co/H5pIaVt5L9>

Friday: <https://t.co/Hh1siiUzS4>

Elementary Health Weekly Activity Link:

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Ascde%3AUS%3A67657705-d a56-418d-b7d3-b79a485a3bfa>

WEEK 8 UPDATE: (5/4)

Monday: Happy Star Wars Day! <https://youtu.be/NWP7n4fUAhc>

Tuesday:

<https://www.gophersport.com/blog/activehome-5-speed-agility-circuits-with-equipment-substitutions/>

Wednesday: <https://peuniverse.com/video/builders-bulldozers-2/>

Thursday: <https://peuniverse.com/video/diy-skee-ball-activity/>

Friday: <https://www.gophersport.com/blog/activehome-skill-development-activities/>

Elementary Health Weekly Activity Link:

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-fograpic>

WEEK 9 UPDATE: (5/11)

Monday: <https://www.nyrr.org/youth/active-at-home>

Tuesday: <https://www.yourtherapysource.com/rollsomefunfree.html>

Wednesday: <https://physedreview.weebly.com/uploads/1/3/0/8/13083192/may.pdf>

Thursday: <https://youtu.be/BbD8I6sJGYI>

Friday: <https://twitter.com/projectphysed/status/1255856866988605443>

Elementary Health Weekly Activity Link:

<https://www.generationgenius.com/videolessons/human-body-systems-for-kids/>

Week 10 UPDATE (5/18)

Monday: <https://youtu.be/Q7GRHvmxNcQ>

Tuesday: <https://t.co/OZn94fJuHY>

Wednesday: <https://t.co/U8HFvmUQPy>

Thursday: <https://t.co/B8LdgZU1TH>

Friday: <https://t.co/XL9JQ9ThiA>

Elementary Health Weekly Activity Link: <https://www.nyrr.org/youth/active-at-home>

WEEK 11 UPDATE:

Tuesday: https://peuniverse.com/resource/beginner-yoga-poses/?utm_term=View%20Resource%20%5Cu00BB&utm_campaign=PE%20Universe%20-%20Content%20-%20At-Home%20Activity%20Ideas%202%20-%20April%202020&utm_content=email&utm_source=Act-On+Software&utm_medium=email&cm_mmc=Act-On%20Software-_-email-_-Top%2010%20free%20PE%20resources-_-View%20Resource%20%5Cu00BB

Wednesday:

https://peuniverse.com/resource/name-workout/?utm_term=View%20Resource%20%5Cu00BB&utm_campaign=PE%20Universe%20-%20Content%20-%20At-Home%20Activity%20Ideas%202%20-%20April%202020&utm_content=email&utm_source=Act-On+Software&utm_medium=email&cm_mmc=Act-On%20Software-_-email-_-Top%2010%20free%20PE%20resources-_-View%20Resource%20%5Cu00BB

Thursday:

https://peuniverse.com/resource/indoor-physical-scavenger-hunt/?utm_term=View%20Resource%20%5Cu00BB&utm_campaign=PE%20Universe%20-%20Content%20-%20At-Home%20Activity%20Ideas%202%20-%20April%202020&utm_content=email&utm_source=Act-On+Software&utm_medium=email&cm_mmc=Act-On%20Software-_-email-_-Top%2010%20free%20PE%20resources-_-View%20Resource%20%5Cu00BB

Friday: https://peuniverse.com/resource/basic-skill-challenge/?utm_term=View%20Resource%20%5Cu00BB&utm_campaign=PE%20Universe%20-%20Content%20-%20At-Home%20Activity%20Ideas%202%20-%20April%202020&utm_content=email&utm_source=Act-On+Software&utm_medium=email&cm_mmc=Act-On%20Software-_-email-_-Top%2010%20free%20PE%20resources-_-View%20Resource%20%5Cu00BB

Elementary Healthy Weekly Activity Link: <https://openphysed.org/activeschools/activehome>

WEEK 12 UPDATE:

Monday: <https://twitter.com/PhysEdDynasty/status/1255661292519653383>

Tuesday: <https://keepingkidsinmotion.com/2020/04/29/star-wars-30-day-fitness-challenge/>

Wednesday: <https://www.youtube.com/watch?v=veJ57ZRnuy8&feature=youtu.be>

Thursday:

https://www.youtube.com/watch?v=scJ9INUDfZw&feature=youtu.be&disable_polymer=true

Friday: <https://www.bewellplayed.com/blog/riverbank>

Elementary Health Weekly Activity Link : <http://www.scholastic.com/snp/childrenandgrief-4.htm>