



Once a Kodiak, Always a Kodiak

KENT ROAD SCHOOL PHYSICAL EDUCATION

In an effort to keep your child physically active while away from school there are many options and activities you can do from home. Being active will not only help physically, but emotionally and mentally as well. You can provide opportunities for your child to participate safely in physical activity and healthy living. Be a role model and join in on the fun!

Ideally your child should do **60 minutes or more of physical activity each day**. This can be broken up during the day. Most of the 60 minutes should be either moderate or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.

Students should do daily exercises and stretches to stay active, as well as work on basic movement skills.

Some simple ideas that can be enjoyable and keep your children moving:

- ◆ Walk the dog
- ◆ Go for a jog
- ◆ Skip with or without a rope
- ◆ Play balloon keep up
- ◆ Do a variety of fitness activities (planks, push-ups, squats, wall sit, etc.)
- ◆ Yoga
- ◆ Learn to juggle
- ◆ Help with household chores like vacuuming or cleaning your room
- ◆ Make up a dance
- ◆ Throw a football with a family member
- ◆ Walk like a crab or hop like a frog
- ◆ Go up and down the stairs ten times
- ◆ Play active games on Wii
- ◆ Balance on each foot for 30 seconds 3 times



Online Ideas

- ◆ <https://www.youtube.com/watch?v=X655B4ISakg>
- ◆ <https://www.jzfitness.com/kids-korner/2017/3/10/tabata-for-kids>
- ◆ <https://www.gonoodle.com/>
- ◆ <https://activeforlife.com/resource-intro/>
- ◆ <https://www.eatright.org/fitness/exercise/family-activities/easy-ways-to-encourage-your-kids-to-get-active>
- ◆ <http://www.swww.com/blog/printable-fitness-calendar-for-kids-pe-afterschool-resource/>
- ◆ <https://openphysed.org/>
- ◆ <https://darebee.com/>
- ◆ <https://www.bokskids.ca/>

To find basic movement skills videos see the following link:

- ◆ <https://www.winnipegssd.ca/Education%20Services/Curriculum/physical-education/Pages/default.aspx>

***Please know these are only suggested online activities and should be monitored by an adult for content!

I've added two fitness activity workout outlines and two yoga worksheets that you can view or print and have your child do daily at various times throughout the day.

When participating actively remember to be safe!

Be active, stay fit and have fun!

S. de Jong

sdejong@wsd1.org

FITNESS ACTIVITIES

1. *PUSH-UPS*
2. *SIT-UPS*
3. *TUCK JUMPS*
4. *JOG in PLACE*
5. *STRIDE JUMPS*
6. *BURPEES*
7. *PLANKS*
8. *JUMPING JACKS*
9. *LINE JUMPS*
10. *MOUNTAIN CLIMBERS*
11. *CRAB KICKS*
12. *WALL SIT*

Attempt to do each activity for 45 seconds, take a 45 second break and rotate through each one.



Attempt to do each activity for 20 seconds, recover for 10 seconds and move to the next activity.



WORKOUT

- Running in place
- Jumping jacks
- Elbow to knee (cross over body and touch to other side)
- Invisible jump rope (jump forward, backward, eyes closed, one foot, etc. - any way you want!)
- Heel touch (behind with opposite hand to heel)
- High knees (knee as high as waist)
- Windmill (touch opposite toe)
- Foot fire (move feet as fast as they can go!)

ANIMAL YOGA



I am a giraffe.

EXTENDED MOUNTAIN POSE



I am an elephant.

STANDING WIDE-LEGGED POSE



I am a dog.

DOWNWARD-FACING DOG POSE



I am a cat.

CAT POSE



I am a butterfly.

COBBLER'S POSE

SPRING YOGA



I am the sun.

EXTENDED MOUNTAIN POSE



I am a tree.

TREE POSE



I am a flying bird.

WARRIOR 3 POSE



I am the falling rain.

STANDING FORWARD BEND



I am planting seeds.

SQUAT POSE