

# Ideas for Physical Education while at home

Thank you for choosing to be a physically active family! **Education** and so much **More** starts with **Movement** and takes time to take care of your family. The following are fun and active ideas to keep your children moving. There are many other options available as well. Please use these as you see fit with your children. Please know that we are here to help guide you and your children in any way we can. Please feel free to contact us via email at: [barang@holmen.k12.wi.us](mailto:barang@holmen.k12.wi.us) or [frejoe@holmen.k12.wi.us](mailto:frejoe@holmen.k12.wi.us) with any questions you may have. We would love to hear from you!

Stay Active and Healthy,

Mrs. Baranowski - K, 1st, 3rd, 4th, 5th Grade Physical Educator

Mr. Fredrick - 2nd Grade Physical Educator

\*Resources compiled by School District of Holmen elementary physical education teachers.

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## Family Physical Activity Printables: Great for all elementary ages and the entire family

- ★ Openphysed.org - Full extended activity packet
  - [https://openphysed.org/wp-content/uploads/2018/09/ActiveHome\\_ActivityPacket.pdf](https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf)
- ★ Openphysed.org - March Drop Everything And Move Calendar
  - <https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf>
- ★ Openphysed.org - April Drop Everything And Move Calendar
  - <https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf>

## Online Interactive Fitness for the family

- ★ Fitness fun board game
  - <https://www.thinglink.com/card/1290207774101209089?fbclid=IwAR0h0uqaNI3iE0SpW6ryHlkQqnV7e-D4o6vys5EATjDcjGQx01eHjf1caZE>

## Online Interactive Fitness for the youngsters (K-2)

- ★ Noodle Exploration (Equipment needed: 1 pool noodle or something similar)
  - <https://www.youtube.com/watch?v=LgMohkixc2l&feature=youtu.be>
- ★ Scarf Exploration (Equipment needed: 2 scarves or something similar)
  - <https://www.youtube.com/watch?v=LgMohkixc2l&feature=youtu.be>
- ★ Bean Bag Exploration (Equipment needed: bean bags or something similar)
  - <https://www.youtube.com/watch?v=TtVbyXz4sio&feature=youtu.be>
- ★ Fitness mapping with links and guides
  - <https://openphysed.org/wp-content/uploads/2020/03/AX-XK2-HomeMapGradeK-2-FInalPacket.pdf>

## Online Interactive Fitness for the elders (3-5)

- ★ Fortnite Workout Challenge
  - <https://www.youtube.com/watch?v=MnpXqr3KXNw>
- ★ Self Passing Challenge (Equipment needed: any size ball)
  - <https://www.youtube.com/watch?v=-RneuGZEumk&feature=youtu.be>
- ★ Fitness mapping with links and guides
  - <https://openphased.org/wp-content/uploads/2020/03/AX-X35-HomeMap-Grade3-5-FinalPacket.pdf>

## YouTube Fitness Challenges - K-5

- Would you rather fitness challenge 1:
  - <https://www.youtube.com/watch?v=G3y5rmgHBgs&feature=youtu.be>
- Would you rather fitness challenge 2:
  - <https://www.youtube.com/watch?v=iAuhWjMRCpg&feature=youtu.be>
- Avengers Fitness Training
  - <https://www.youtube.com/watch?v=sqZFz44AB78&feature=youtu.be>
- Justice Fitness Training
  - <https://www.youtube.com/watch?v=u8lZfNrA17w&feature=youtu.be>
- Sonic - Avengers Would You Rather:
  - <https://www.youtube.com/watch?v=M-C-4uQhn10&authuser=0>

## Brain Bites (Physical Literacy and learning content) (3-5)

- ★ Fitness Info
  - <https://www.youtube.com/watch?v=9HfW3mJl2EU&feature=youtu.be>
- ★ Cardiovascular Endurance Info
  - <https://www.youtube.com/watch?v=IXk4TZE7wdE&feature=youtu.be>
- ★ Believe in You (Empowering students to change their world)
  - <https://www.varsitybrands.com/believe-in-you>

**CLICK ON ALL THE BLUE LINKS TO SEE YOUR PE ACTIVITY FOR EACH DAY**  
**Fitness Log for March**

Monday	Tuesday	Wednesday	Thursday	Friday
16 *Watch and follow link for <a href="#">Walk 15 Family Mile with Nick   Walk at Home</a>	17 *Watch and follow link for <a href="#">Star Wars SITH WORKOUT</a> *60 seconds of jumping jacks *80 air punches *80 air kicks	18 *Watch and follow link for <a href="#">Kids workout 1 Beginners</a>	19 *Watch and follow link for <a href="#">Have a Blast With This Family Fun Cardio Workout!</a>	20 *Watch and follow link for <a href="#">Kids HIIT Workout 2</a>
23 *Click the link and do it with a family member or by yourself. <a href="#">2 by 2 fitness</a>	24 *Watch and follow link for <a href="#">Kids Workout with Tiny Bods</a>	25 *Play this board game. Can play alone or with any family member <a href="#">Fitness Fun Board Game</a>	26 *Watch and follow link for <a href="#">Kids Daily Exercise</a>	27 *Watch and follow link for <a href="#">Burn Fat at Home (KIDS)</a>
30 *Do the Red Workout <a href="#">Red Workout</a>	31 *Do the Blue Workout <a href="#">Blue Workout</a>	<b>April 1</b> *Do the Yellow Workout <a href="#">Yellow Workout</a>	<b>April 2</b> *Do the Green Workout <a href="#">Green Workout</a>	<b>April 3</b>

You can also go to Youtube and do Would You Rather video/fitness activities

BELOW IS A CHART THAT CAN BE USED TO TRACK PHYSICAL ACTIVITY MINUTES. IF YOUR FAMILY SO CHOOSES. ANY ACTIVITY OR GAME THAT YOU PARTICIPATE IN, PLEASE DOCUMENT THE ACTIVITY AND THE AMOUNT OF TIME THAT YOU SPENT PARTICIPATING IN THE ACTIVITY. OUR GOAL IS TO BE ACTIVE AT LEAST 60 MINUTES A DAY.

### PHYSICAL ACTIVITY MINUTES

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
23	24	25	26	27
30	31	1	2	3
6	7	8	9	10