Norton Park Physical Education Week 2 (March 23-March 27, 2020)

Grades 3-5

As we enter week 2 of digital learning, remember it is very important to stay active. I have included several links to fun exercise videos that you will hopefully find enjoyable. I have also reposted online resources and exercise ideas to give you additional opportunities for at home physical activity.

At Home Exercise Videos:

<https://youtu.be/L_A_HjHZxfI> Kids Workout 1 (16min)

<https://youtu.be/dhCM0C6GnrY> Jumping Jax Gym (25 min)

<https://youtu.be/5if4cjO5nxo> Pop Sugar (13 min)

<https://youtu.be/WmGjxU3Ggko> NateBower Fitness (20 min)

<https://youtu.be/EkuRPJ8rMZI> Cincinnati Children’s Hospital (7 min)

**Online Resources**

Adventure to Fitness ([www.adventuretofitness.com](http://www.adventuretofitness.com/)) is a FREE web based program that leads the students through a variety of active scenarios. The bonus is that the scenes tie directly to the Core Curriculum. You have to register, but it is free. They also have shorter episodes this year so it can be used in shorter bursts during the day.

· GoNoodle (www.gonoodle.com) is another resource the state of Georgia is pushing this year. Again, it is FREE. There are some academic tie ins with their episodes.

· <http://www.movetolearnms.org/how-do-i-do-it/> Move to Learn – Has 5 minute movement activities that students can do at home.

· <http://jr.brainpop.com/health/bewell/exercise/Search> for four different lessons on Exercise, Heart, Muscles, and Bones lessons. Explore Health lessons that include videos, activities, and quizzes on a variety of health-related topics.

**Other ways to stay active at home:**

-Clean your room

-Walk the dog

-Push-ups/ Jumping Jacks/ sit-ups/squats/planks/step lunges/ bicycle kicks/arm circles

-Jump rope

-Ride your bike