

**Dear Student (parents/guardians),**

We hope that you and your families are continuing to stay healthy and safe and that you have been able to participate in some sort of daily physical activity during your time at home. Exercise and play will help you feel better and they are good for your mind and body. Getting outside every day for sunlight and fresh air is also very important! We are looking forward to some nice weather over the next few weeks so make sure you take advantage of it.

We have created another fitness calendar for you to use during the month of May along with more resources that we hope you will find helpful. Remember to stay safe, rest when needed, drink plenty of water, and eat healthy too. For those of you that were working on your “Healthy Behaviors BINGO” for the month of March, you can continue to fill those out. We have provided another copy of the BINGO card for those of you that may want to participate now. It will be due when we return to school in order to be eligible for prizes.

We wish you all good health and hope to see you soon! Parents - we will continue to respond to emails so please feel free to contact us if you have any questions. Danielle Carson’s email is [dcarson@bbschools.org](mailto:dcarson@bbschools.org), Brian Tatar’s email is [btatar@bbschools.org](mailto:btatar@bbschools.org), and Abbey Hume’s email is [ahume@bbschools.org](mailto:ahume@bbschools.org).

Yours in movement,

Mrs. Carson, Mr. Tatar and Miss Hume

Byron Bergen Elementary School Physical Education



<b>May</b>					<b>Internet Free Option</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
				<b>1 GoNoddle, Fortnite Fitness, Sports Skill or Dance</b>	<ul style="list-style-type: none"> <li>● Play outside</li> <li>● Ride your bike</li> <li>● Tabata without music (20second of work with 10 seconds of rest)</li> <li>● Play a sport outside (ex. Play catch, basketball, soccer, football)</li> <li>● Jump rope</li> <li>● Walk or run</li> <li>● Trampoline</li> <li>● Play fitness video games</li> <li>● Perform stretches</li> <li>● Hop Scotch</li> <li>● Hula Hoop</li> <li>● Fly a Kite</li> <li>● Golf</li> <li>● Go on a scavenger hunt</li> <li>● Help an adult cook a healthy meal</li> </ul>
<b>4 Meditation Monday</b>	<b>5 TABATA, Fitness Blender or “PE with Joe</b>	<b>6 Walk Wednesday</b>	<b>7 TABATA, Fitness Blender or “PE with Joe</b>	<b>8 GoNoddle, Fortnite Fitness, Sports Skill or Dance</b>	
<b>11 Meditation Monday</b>	<b>12 TABATA, Fitness Blender or “PE with Joe”</b>	<b>13 Walk Wednesday</b>	<b>14 TABATA, Fitness Blender or “PE with Joe</b>	<b>15 GoNoddle, Fortnite Fitness, Sports Skill or Dance</b>	
<b>18 Meditation Monday</b>	<b>19 TABATA, Fitness Blender or “PE with Joe”</b>	<b>20 Walk Wednesday</b>	<b>21 TABATA, Fitness Blender or “PE with Joe</b>	<b>22 GoNoddle, Fortnite Fitness, Sports Skill or Dance</b>	
<b>25 Meditation Monday</b>	<b>26 TABATA, Fitness Blender or “PE with Joe”</b>	<b>27 Walk Wednesday</b>	<b>28 TABATA, Fitness Blender or “PE with Joe</b>	<b>29 GoNoddle, Fortnite Fitness, Sports Skill or Dance</b>	

**Meditation Monday:** The links below are examples of yoga videos or you can simply search “kids yoga” using Youtube

Great for younger kids: [Cosmic Kids Yoga](#)

Good for older kids and adults: [FitnessBlender Yoga Videos](#)

## **Tuesday and Thursday TABATA, Fitness Blender or “PE with Joe”**

TABATA: **Air Squats, Push-ups, Sit-ups, Mountain Climbers, Holding Plank, Jumping Jacks, Lunges, Star Jumps (other options: Leg Lifts, Ski Jumps, Burpees, Scissors, Spaghetti & Meatballs, Mario Jumps, Toe Touches, High Knees, Tuck Jumps, Fast Feet)**

Optional links to use:

<https://www.youtube.com/watch?v=MKVe4Zs6KRRk>

[https://www.youtube.com/watch?v=PDq-IPbd\\_Bq](https://www.youtube.com/watch?v=PDq-IPbd_Bq)

Great workouts for younger kids are [Glenn Higgins Fitness](#) or search [Little Sports Videos on Youtube](#)

Good for older kids or adults [Fitnessblenders Youtube Channel](#)

[“PE With Joe”](#) – Daily follow along at home workouts

**Walk/ Jog Wednesday:** Take a 15+ minute walk and/or jog outside or inside depending on weather

## **Fun Friday:**

Fortnite Fitness: [https://www.youtube.com/watch?v=4v6Zcc1\\_tR0&t=18s](https://www.youtube.com/watch?v=4v6Zcc1_tR0&t=18s)

GoNoddle: <https://family.gonoodle.com/>

Pick your favorite [Just Dance Video](#) and bust a move

For some sport skill and fitness development search **primecoachingsports.com**. The homepage has excellent “**How to Teach**” videos that will assist in developing your child’s fundamental and some sport specific skills as well as fitness routines. The site is designed for elementary students. Prime Coaching Sport can also be found when searching in YouTube.

