



Welcome to Livingston Public Schools' Grades Pre-K-12 Physical Education and Health Remote Learning Center! Our Supervisors and Staff will be updating this site with great resources to use while we are learning remotely. Enjoy your time learning and exploring...

Phys. Ed. and Health ideas to try out:

Optional Skills Review

If you have any of the equipment below (frisbee, ball, jump rope, balloon etc), you can practice reviewing or working on any of the skills that we've learned in PE class this year.

- **Jump Rope:** If you have a jump rope, you can review some of the [Single Jump Rope Tricks](#) we learned in PE, or if you have a sibling or family member you could even try out some of the [Partner Tricks](#) we learned
- **Throwing and Catching:** If you have space in your yard and it's safe to go outside, try to practice throwing and catching with a family member with a ball or a frisbee
 - K-1: [Underhand Throwing \(ball\)](#)
 - 2-5: [Overhand Throwing \(ball\)](#)
 - [How to throw a Frisbee](#)
- **Striking a Balloon** (awesome activity for K-2nd Grade)
 - Blow up a balloon and practice striking it with different items in your house (or different body parts)
 - What is the hardest item or body part to control the balloon with? What's your record for the most number of hits without moving your feet?
 - [Here's an example of this balloon striking activity](#)
- **Basketball:** If you have a basketball or playground ball, practice some of the ball handling drills and challenges that we worked on in PE over the last few weeks
 - [Ball Handling Drills Tutorial](#)
 - [Ball Handling Drills Follow Along](#)
- **Take a walk**
- **Ride a bike**
- **Do Yoga - Yoga for Kids** <https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>
- **Hogwart's Escape Room**
https://docs.google.com/forms/d/e/1FAIpQLSfINxNM0jzbZJjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA/viewform

Stay Safe, Have Fun and Keep Yourself Active!

DAILY WORKOUT

4K - Kinder - 2 times

3rd Grade - 5 times

1st Grade - 3 times

4th Grade - 6 times

2nd Grade - 4 times

5th Grade - 7 times

Additional/Supplemental Online Resources and Activities for PE at Home

beginner circuit

WORKOUT

by DAREBEE

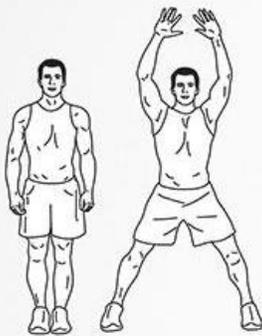
© darebee.com

Level I 3 sets

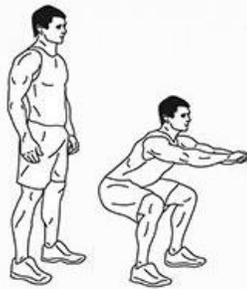
Level II 5 sets

Level III 7 sets

2 minutes rest



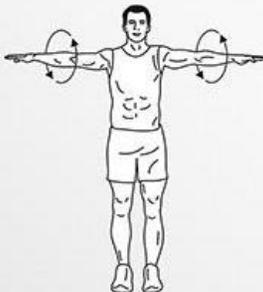
12 jumping jacks



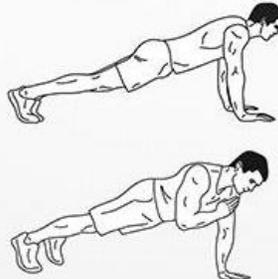
6 squats



6 calf raises



12 raised arm circles



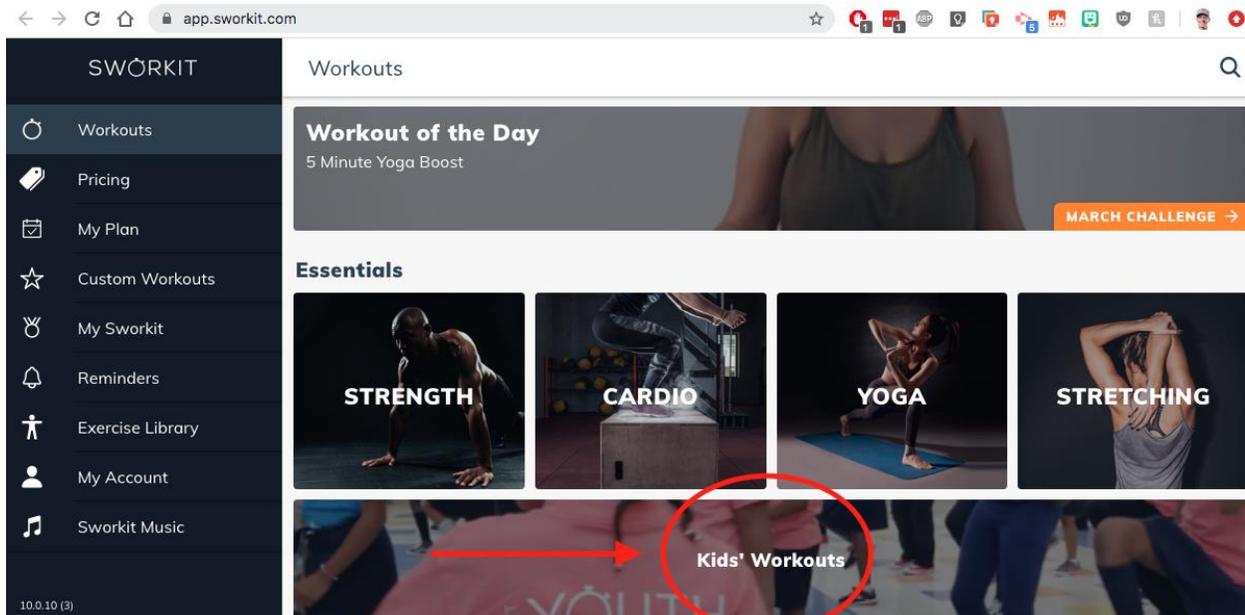
6 shoulder taps



6 plank rotations

- **Free Customizable Kid Workout Program**

- [Sign up for Sworkit](#) and use them for follow along workouts for kids
- (they have a free kids workouts for anyone to use after signing up and they are even customizable and have student examples for all of the follow along workouts, just click on the “Kids Workouts” section after logging in)



- **Free One Page Paper Workouts from Darebee.com ([Pick any of them here](#))**

- 4 minute warmup: <https://darebee.com/workouts/4-minute-warmup-workout.html>
- Beginner Circuit: <https://darebee.com/workouts/beginner-circuit-workout.html>
- Quick HIIT: <https://darebee.com/workouts/quick-hiit-workout.html>

- **Online Follow Along Workouts**

- For example check out [Fitnessblenders Youtube Channel](#)
- Another good one for Kids Workouts is [Glenn Higgins Fitness](#)
- Do a [Would you Rather Workout Video](#)

- **Follow Along Dances:**

- Pick your favorite [Just Dance Video](#) and bust a move
- Have students complete [GoNoodle Follow Along Dances](#)
- Happy Follow Along: <https://youtu.be/swUGtEpazY>

- **Practice or learn a popular Line Dance**

- [Like the Cupid Shuffle for Example](#)
- Or the [Sid Shuffle](#) from the movie Ice Age

- **Tons of at Home Activities and Resources**

- [Active Home Resources](#) from OPEN Phys Ed

- **Activity Log:**

- Keep an activity log and track your activity over the break from school
 - [Here are some examples of activity logs](#)

- **Activity Calendar** (do 1 activity per day)
 - [Here's some examples from SHAPE America](#)
 - [Here's another example](#)
- **Home Activity Packets and from other PE teachers:**
 - Pete Charrette: <https://twitter.com/CapnPetesPE/status/1239202278122369031>
 - Jenny Horowitz: [Google Drive Folder](#)
 - Kevin Tiller: <https://twitter.com/physedreview/status/1239168726450286593>
 - Bob Vogt: <https://twitter.com/GlengaryPE/status/1239341018459377664>
 - Jason Denk: <https://twitter.com/mrdenkpeclass/status/1238508561447227393?s=11>
 - CBHPE Activity Ideas: <https://www.cbhpe.org/projector>
 - [PE Follow Along Videos Collection](#) (Google Slide)
 - Create your own [follow along dance](#) or [workout video](#) for students to follow along to
 - Move Tube Network - <https://www.youtube.com/watch?v=9sxifR0Ltqk>

Phys. Ed. and Health video resources:

Brain Bites Fitness Videos - <https://youtu.be/9HfW3mJI2EU>

Brain Bites Cardio Kid - <https://youtu.be/IXk4TZE7wdE>

Brain Bites Muscular Strength - <https://youtu.be/Jg4KkBVcQ7I>

Brain Bites Muscular Endurance - <https://youtu.be/1ReWFoLLsA>

Brain Bites Flexibility - <https://youtu.be/EWuLtc1MeCM>

Brain Bites Body Composition - <https://youtu.be/NYa3Jvk0ZhM>

The Benefits of Fitness - <https://youtu.be/V6rD3CddMtc>

Fitnessgram Warm-up - <https://youtu.be/9QYAXrPEBqA>

Levels Tabata Warm-up - <https://youtu.be/KcVudYMAk3g>

Phys. Ed. and Health sites to visit:

<https://www.cdc.gov/healthyschools/physicalactivity/physical-education.htm>

<https://openphysed.org/>

<https://kidshealth.org/>

Physical Activity Log - <https://www.shapeamerica.org/uploads/pdfs/2020/resources/Physical-Activity-Log-Sample.pdf>