

WESTSIDE Physical Education Alternate Learning Board

- Students should complete at least one of the listed home workouts **DAILY, UNLESS** their class gets a specific message from me on Dojo that day about an alternative activity
 - If there is a more specific activity posted on Dojo/Remind, it is then the student's choice if they would like to complete an activity from the options below, **BUT they must ALSO complete the assigned activity sometime within a week of receiving it**
- **Keep a log of activities completed, and date completed, on a separate sheet of paper, signed by a parent/guardian to let me know that the activities were completed during this time, and email or dojo message me that they were completed.**

***If you have questions about the assignments for engaged learning below, email or call the teacher
Educator offsite office hours of 9am-11am and 1:00-3:00pm. (Monday – Friday)***

Physical Education: Miss Christina (Tina) Winter: (605) 742-2204 or email christina.winter@k12.sd.us
School Office Phone (605) 698-7613 ext. 1

Grade 1 - Grade 5

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>Option 1</u> Line Hops for 30 seconds Rest 10 seconds Lunges for 20 steps Rest 10 seconds Shoulder Taps for 20 seconds Rest 10 seconds Flutter Kicks for 60 seconds Rest 10 seconds Repeat 4 times</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><u>Option 2</u> Choose an activity to do for 20 straight minutes Examples: Walk, run, ride a bike, jump rope, play basketball, play catch...any other activity that you think gets your body exercising!</p>	<p style="text-align: center;"><u>Option 1</u> Jump Rope for 60 seconds Rest 10 seconds Scissor Swings for 25 seconds Rest 10 seconds Squat-Jumps for 20 seconds Rest 10 seconds Burpees for 20 seconds Rest 10 seconds Repeat 4 times</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><u>Option 2</u> Jump Rope for 60 seconds Rest 10 seconds Sit-ups for 30 seconds Rest 10 seconds Squat-Jumps for 20 seconds Rest 10 seconds Plank Hold for 45 seconds Rest 10 seconds Repeat 3 times</p>	<p style="text-align: center;"><u>Option 1</u> Choose an activity to do for 20 straight minutes Examples: Walk, run, ride a bike, jump rope, play basketball, play catch...any other activity that you think gets your body exercising!</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><u>Option 2</u> Hop on each foot for 15 seconds Rest 10 seconds Lunges for 30 steps Rest 10 seconds Shoulder Taps for 20 seconds Rest 10 seconds Windmills for 60 seconds Rest 10 seconds Squats/Frog Jumps for 20 seconds Repeat 3 times</p>	<p style="text-align: center;"><u>Option 1</u> Star Jumps for 20 seconds Rest 10 seconds Windmills for 60 seconds Rest 10 seconds <u>Cross-Jacks</u> for 20 seconds Rest 10 seconds Scissor Swings for 20 seconds Rest for 10 seconds Repeat 4 times</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><u>Option 2</u> Jumping Jacks for 20 seconds Rest 10 seconds Burpees for 30 seconds Rest 10 seconds Flutter Kicks for 20 seconds Rest 10 seconds Squats/Frog Jumps for 20 seconds Rest for 10 seconds Repeat 4 times</p>	<p style="text-align: center;"><u>Option 1</u> Run in Place for 60 seconds Rest 10 seconds Sit-ups for 20 seconds Rest 10 seconds Duck Walk for 20 steps Rest 10 seconds Shoulder Taps for 30 seconds Rest 10 seconds Repeat 4 times</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><u>Option 2</u> Choose an activity to do for 20 straight minutes Examples: Walk, run, ride a bike, jump rope, play basketball, play catch...any other activity that you think gets your body exercising!</p>

Kindergarten P.E. Daily Exercises!!

Miss Christina (Tina) Winter: (605) 742-2204 or email
christina.winter@k12.sd.us

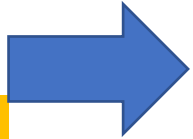
School Office Phone (605) 698-7613 ext. 1

PHYSICAL EDUCATION

May 11-May 15

Instructions

- On each slide there is an exercise to be completed for a specific amount of time
 - IF ABLE: there is a blue arrow on each slide that will move for the specified amount of time (like a stopwatch), once you are ready to begin simply hit any button and perform the exercise until the arrow stops moving
 - IF UNABLE: have a watch/stopwatch to keep track of time OR count of 1 banana, 2 banana, 3 banana....

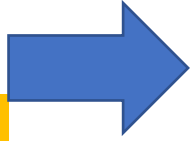


START

STOP

- JUMP LIKE A FROG FOR 30 SECONDS



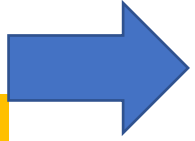


START

STOP

-
- FLY LIKE SUPERMAN FOR 15 SECONDS (do this 3 times)



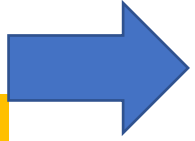


START

STOP

-
- FLY LIKE SUPERMAN FOR 15 SECONDS (do this 3 times)



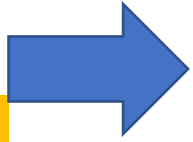


START

STOP

-
- FLY LIKE SUPERMAN FOR 15 SECONDS (do this 3 times)

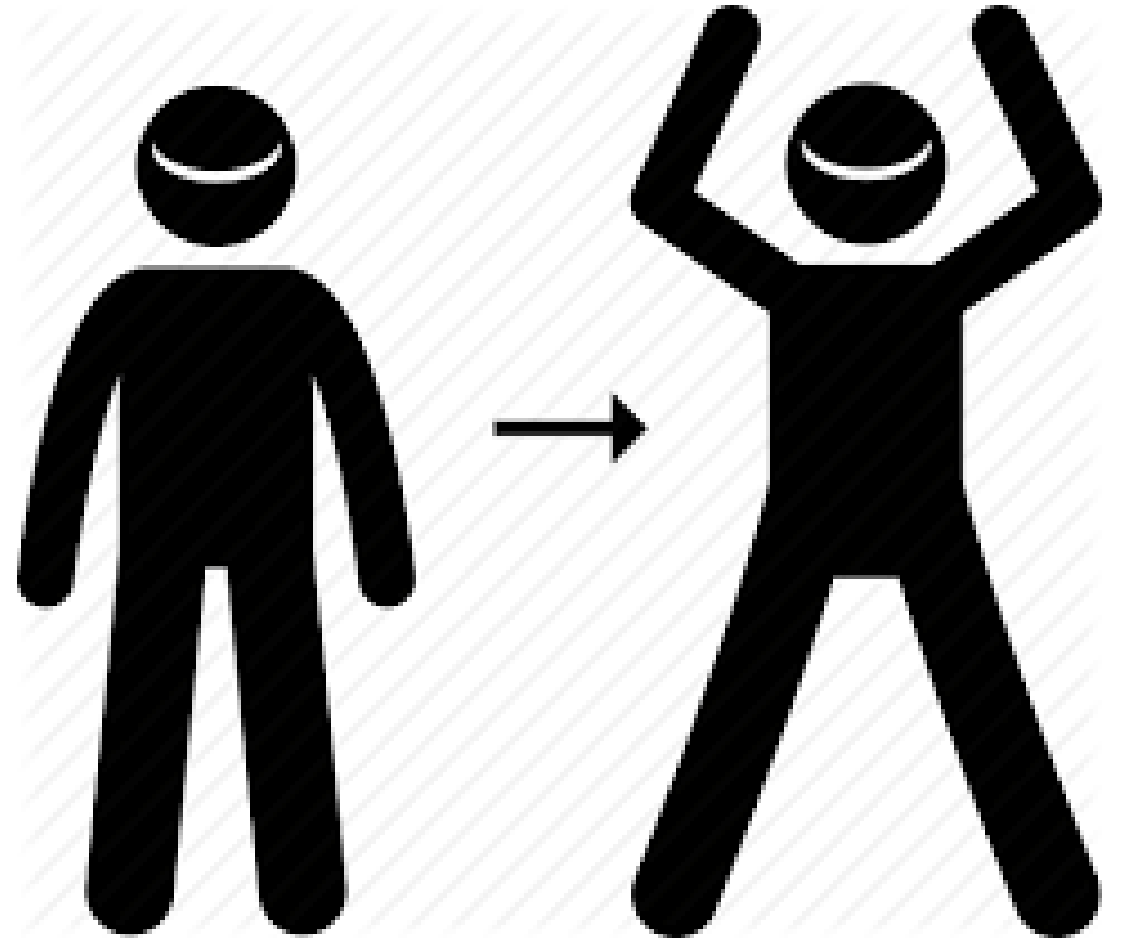


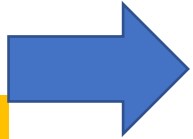


START

STOP

- DO JUMPING JACKS (trees and soldiers) FOR 20 SECONDS



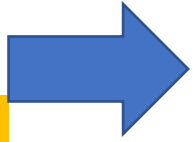


START

STOP

-
- SKIP AROUND THE ROOM FOR 30 SECONDS





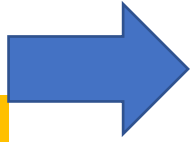
START

STOP

- DO SIT-UPS FOR 30 SECONDS



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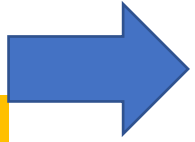


START

STOP

-
- HOP LIKE A BUNNY AROUND THE ROOM FOR 20 SECONDS



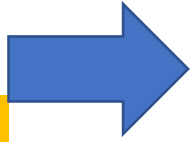


START

STOP

-
- HOP UP AND DOWN ON **1 FOOT** FOR 15 SECONDS



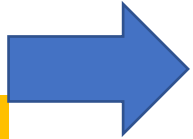


START

STOP

-
- HOP UP AND DOWN ON THE OTHER FOOT FOR 15 SECONDS



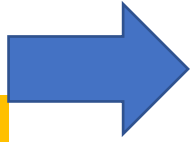


START

STOP

-
- GALLOP LIKE A HORSE AROUND THE ROOM FOR 20 SECONDS

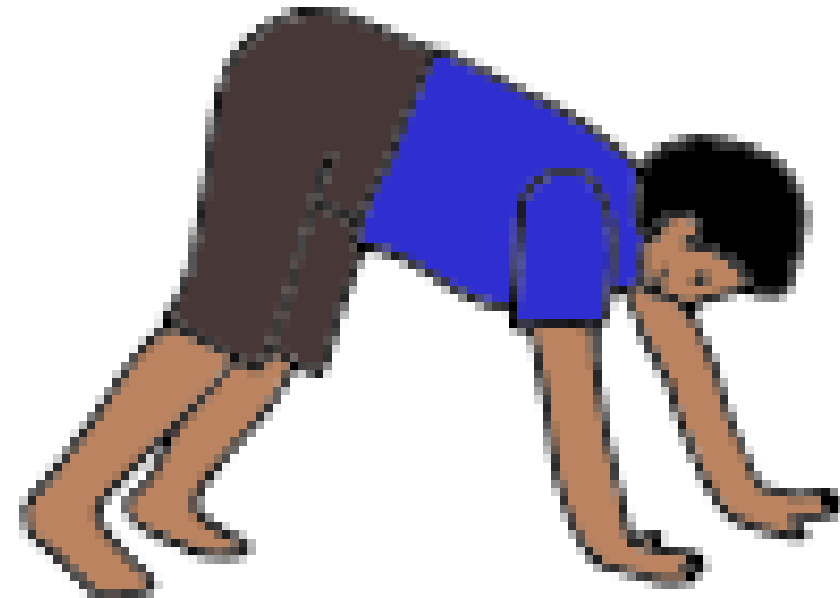


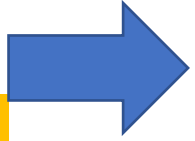


START

STOP

-
- CRAWL LIKE A BEAR AROUND THE ROOM FOR 20 SECONDS





START

STOP

-
- WALK LIKE A DUCK AROUND THE ROOM FOR 20 SECONDS



REPEAT SLIDESHOW
3 TIMES TO KEEP
YOU BODY ACTIVE
AND MOVING!!