



WE'LL MAKE IT THROUGH THIS.

We need to remember that this is new territory for all of us, but the first preventative measures of limiting spreading germs should not be new to us at all. All students are reminded daily about the importance of personal space and body control within activities. Now, we can see the importance of these fundamental social skills when trying to prevent the spread of any germs, viral or otherwise.

Physical activity doesn't need to end with limitations of space or equipment. During the next few weeks, I ask that you incorporate some of the suggested activities listed on this page, or from one of the listed websites into your child(ren)'s day. If at all possible, having students participate in these activities with their family members could lead to a more positive environment and sense of family, since we will all be in close quarters for the next few weeks.

CONTACT

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WEBSITES WITH GREAT IDEAS FOR ACTIVITIES

<https://www.pecentral.org/lessonideas/pelessonplans.html>

<https://asphaltgreen.org/blog/5-best-indoor-games-to-play-in-small-spaces/>

<https://www.theclassroom.com/gym-games-elementary-kids-6160113.html>

MR. MEADE'S TEMPORARY ASSESSMENT PLAN FOR ALL GRADES

TO PARENTS:

Please ensure that your student(s) participate in 45-60 minutes of physical activity everyday during this time away from school by initialing daily the chart on the back of this page and have them return to it me when we all return to school. Any activity listed on this page or from the websites is acceptable.

ACTIVITIES TO DO AT HOME

One Person Activities

- Warm Up Exercises (Jumping Jacks, Arm Circles, Toe Touches, Sit Ups, Push Ups, Mountain Climbers)
- Dancing
- Jumping Rope (if no rope is available, jumping over a line on the floor)
- Walking stairs (if limited stairs are available, then stepping up and down from the floor onto a solid object less than 10 inches high)

Small Group or Pairs Activities

- Throwing and Catching (This is helpful with hand-eye coordination with primary ages, as well as intermediate grades)
- Elves, Giants, Wizards (variation of Rock-Paper-Scissors: Elves defeat Wizards, Wizards defeat Giants, Giants defeat Elves). Create poses for each of the choices for the children to show when the time comes to reveal to the opponent.

Limited Space Activities

- "First to Forty": Players take turns rolling 2 dice. The number showing is added to that player's total score. If doubles (same number on both die) are rolled, that player must perform a designated activity (jumping jacks, push-ups, etc) of the amount rolled (5+5=10 jumping jacks) and their score is reset to zero. The first player to add up their total score to 40 or above is the winner and the game starts over at zero for everyone.

Activities to do outside

Obviously, this is dependent on weather, limitations or restrictions of outside availability, but any physical, locomotive activity is acceptable.