

Bring PE to Your Family Week **ActiveSchools**

OPENPhysEd.org ————— **#FamiliesLovePE**

November 15, 2020

Dear Salt River Elementary parents and caregivers,

I'm excited to share with you that our school will be participating in **Bring PE to Your Family Week** from November 30th through December 4th 2020. If you participate with your child you can also earn 15 WellPath points!

Daily physical activity has many benefits for kids, such as increasing their energy, focus, and readiness to learn and reducing stress and anxiety. Being active is always important, but never more than during COVID-19. Of course, physical activity has benefits for people of all ages, so helping my students' families be active together is one of my physical education goals.

This is our first year of participating in a "Bring PE to Your Family Week" which typically meant you would be invited to join your child during their PE class on campus. Due to the current pandemic, this year's event is designed to be enjoyed at home. As you may remember, our school conducts A Family Fitness Fun Night each year and we hope to continue this year either in person or virtually in the spring.

I hope that your family will participate together in one or more of the physical education lessons I provide during Bring PE to Your Family Week. It will give you a better understanding of the teaching and learning that goes on in physical education, and you will experience firsthand the fun and engaging activities that are helping to keep your kid(s) healthy and active.

This is how it will work. You and your child will receive your events the same as they have received their PE lessons all school year, through class DOJO, and the Salt River PE page located at the schools web site. You can also locate the same daily lesson/activities on the following web site www.openphysed.org/FamiliesLovePE

The national sponsor of this event, Active Schools, hopes that you will share your experience on social media in words and photos – using the hashtag **#FamiliesLovePE** or to *Tate, our Public Relations Information Director, at Salt River Schools.*

Also, please take a minute to join the movement as a champion for active schools: www.activeschoolsus.org/join-the-movement because your influence as a parent is important for the support of physical education in our nation's schools.

Sincerely,

Coach B
Physical Education Teacher
Salt River Elementary School



Learning Module:
BRING PE TO YOUR FAMILY WEEK

Healthy Body

I will participate in health-enhancing physical activity with my family.

Healthy Mind

I will practice mindful breathing techniques and share the benefits of mindfulness with my family.

Enjoyment & Challenge

I will talk about why I enjoy being physically active.

Building Skills

I will use physical education academic vocabulary while talking about physical activity with my family and classmates.



Why are we learning this?

Bring PE to Your Family Week is a special event in the school year that allows families the chance to experience physical education and learn about the importance of quality physical education and physical activity in their students' school day routine. It is important because it will teach us:

- the benefits of being physically active with friends and family
- academic vocabulary words that help us talk about a physically active lifestyle

OPEN[™] HOME & SCHOOL MOVEMENT MENU



Bring PE to Your Family Week

Active Schools
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Brain & Body Warm-Ups

MIDDLE & HIGH SCHOOL LESSON 1

MINDFULNESS: A feeling created when a person calmly focuses on the present moment and surroundings.

The class practices mindfulness as a way to relax and focus on learning.

High-5 Breathing: [\[YouTube\]](#)

We're going to use the Animal Alphabet Cards to play a jumping game. Each card gives 2 animals choices. While the music plays for 30 second, jump in your personal space. Stay in your 6-foot personal bubble. When the music stops, pick another animal from the next card. It's okay to change your mind during the 30 seconds and jump like the other animal.

Purposeful Practice

MIDDLE & HIGH SCHOOL LESSON 1

Physical Activity: Movement that uses the body's energy. Students should be physically active 60 minutes per day.

Physical education class teaches us why it's important to be active every day.

Fitness Categories Game:

The object of the game is to write 1 word per in each category that starts with the challenge letter given. You have 30 seconds to complete each category. For example, if the challenge letter is T – the exercise in the Muscular Fitness category could be Triceps Extension, a fruit could be a Tangerine, and so on. As a group, do 5 jumping jacks for every category left on each card without a valid answer.

Just for Fun (and health)

MIDDLE & HIGH SCHOOL LESSON 1

ENJOYMENT: A positive feeling caused by doing or experiencing something you like.

We enjoy physical activity and it helps to protect our health.

RPS Victory Chegg: [\[YouTube\]](#)

The object of the game is to win Rock, Paper, Scissors, and "grow" from an egg, to a chick, to a chicken.

Partners squat down into tucked "egg" position. Play RPS. The winner becomes a baby chick and raises into a squat position. The other player stays an egg. Play again, if the "baby chick" wins they become a chicken and win the game. If they lose, they return to "egg" position & the other player grows.

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Brain & Body Warm-Ups

MIDDLE & HIGH SCHOOL LESSON 2

OPTIMISM: A feeling of hopefulness and confidence about the future or the success of something.

The class has a lot of optimism that this school year will be fun and meaningful.

Equal Breathing: [\[YouTube\]](#)

Sit or stand in a comfortable position. Place your hands in your lap or by your sides.

- As you inhale deeply, slowly count to 5.
- As your exhale fully, slowly count to 5.

This will create deep, equal breaths. Repeat for 1 to 2 minutes.

Purposeful Practice

MIDDLE & HIGH SCHOOL LESSON 2

PHYSICAL EDUCATION: A subject in school with a planned curriculum that teaching student to have the skill, confidence, and knowledge to be physically active for a lifetime.

Physical education helps us learn fun ways to be active every day and keep our bodies healthy.

Exercise Word Scrambler:
[\[YouTube\]](#)

Use the letters shown on the Word Scrambler Card to create and list the names of as many physical activity choices as you can.

If you list an activity we can do in personal space, we'll complete it for 15 seconds. Score a point for each valid name.

Just for Fun (and health)

MIDDLE & HIGH SCHOOL LESSON 2

ENERGY BALANCE: The state when a person uses (burns) the same amount of energy (calories) that they consume in a day.

Energy balance helps us keep our bodies at a healthy weight.

20 Questions (100 Reps): [\[YouTube\]](#)

Pick a healthy food. The class gets 20 yes/no questions to gain clues and guess what the food is.

The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.

When the food is guessed correctly, pick a new leader to think of a new food.

FITNESS **ON THE** MOVE

Exercise Word Scrambler

How many words can you make?

Name:

Use the letters in the chart below to spell the names of exercises and physical activities. **Score a point for each exercise.** If you list an exercise we can do in personal space, we'll complete that activity for 15 seconds. Score 1 bonus point for physical education academic language words.

Note: You can use a letter more than once in the same word.

F	G	R	A
E	L	Q	P
U	M	N	S
C	T	Y	I
J	O	K	B

Write your words below.

FITNESS ON THE MOVE

Fitness Categories

Official Game Card

Name: _____

You have 30 seconds to write 1 word per category that starts with the challenge letter given to you by the activity leader.

The challenge letter is: _____

Category	Your Answer
A physical activity / exercise...	_____
A fruit or vegetable...	_____
A healthy snack...	_____
A famous person...	_____
A famous place...	_____
Title of a book...	_____

Score Board

Give yourself 5 points for each correct answer.

Subtract your score from 30.

The difference is the number of jumping jacks that you add to the group total.
The group total is the number of jumping jacks everyone in your group will perform.

30

5 points per correct answer: — _____

Add to group total:

Bring PE to Your Family Week

PHYSICAL EDUCATION VOCABULARY

Important words for us to understand and use.

ENERGY BALANCE: The state when a person uses (burns) the same amount of energy (calories) that they consume in a day.

Energy balance helps us keep our bodies at a healthy weight.

ENJOYMENT: A positive feeling caused by doing or experiencing something you like.

We enjoy physical activity and it helps to protect our health.

MINDFULNESS: A feeling created when a person calmly focuses on the present moment and surroundings.

The class practices mindfulness as a way to relax and focus on learning.

OPTIMISM: A feeling of hopefulness and confidence about the future or the success of something.

The class has a lot of optimism that this school year will be fun and meaningful.

PHYSICAL ACTIVITY: Movement that uses the body's energy. Students should be physically active 60 minutes per day.

Physical education class teaches us why it's important to enjoy physical active every day.

PHYSICAL EDUCATION: A subject in school with a planned curriculum that teaching student to have the skill, confidence, and knowledge to be physically active for a lifetime.

Physical education helps us learn fun ways to be active every day and keep our bodies healthy.

