

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

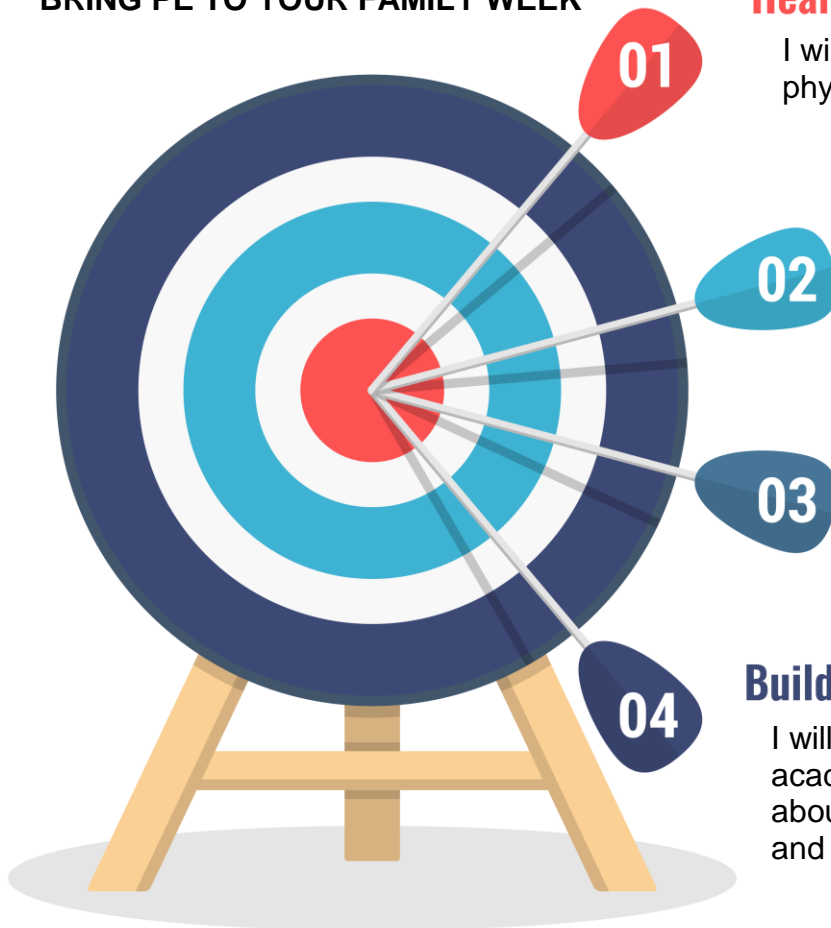
I will practice mindful breathing techniques and share the benefits of mindfulness with my family.

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
#FamiliesLovePE

Brain & Body Warm-Ups

GRADE 3-5 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.

Balance & Breathe I: [\[YouTube\]](#)

Let's use our Speed Stacks cups to help us practice mindful breathing (If you don't have a Speed Stacks cup, you can use any small safe object).

Hold your hand out flat in front of you, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup.

Need a challenge?! Balance 1 cup in each hand.

Purposeful Practice

GRADE 3-5 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.

Sports Charades: [\[YouTube\]](#)

The class is going to try to guess the sport that our charades leader is acting out. There is a list of sports on the screen to help give you some ideas. After we guess the sport, everyone will take 30 seconds to act out their version of that sport.

Just for Fun (and health)

GRADE 3-5 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.

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

Stand at least 6' from a partner. The object of the game is to win a round of Rock, Paper, Scissors, then do a victory dance to celebrate. You get 10 seconds to do your dance, then play another round.

The first player to do 10 victory dances is the Victory Dance RPS professional for the day and will teach their partner a signature victory dance.

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Brain & Body Warm-Ups

GRADE 3-5 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.

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

Sit or stand in a comfortable position. Hold your left hand out in front of your chest. Extend and spread your fingers out.

Using the pointer finger of your left hand, slowly trace your fingers starting with the thumb and tracing up and down all the way to the outside base of your pinkie.

As you trace up a finger, inhale. As you trace down a finger, exhale.

Purposeful Practice

GRADE 3-5 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.

CYO 6-Minute Interval Routine: [\[YouTube\]](#)

We're going to choose some fun activities and exercises, put them into a 6-minute interval routine, and then get active! Each routine is made up of 8 30-second activity intervals with 15-second rest breaks in between. HIIT routines are a great way to get a good dose of activity any time in your day.

Just for Fun (and health)

GRADE 3-5 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.

Nutrition Fortune Teller: [\[YouTube\]](#)

Let's learn about nutrition using a fun Nutrition Fortune Teller.

Start by picking the number that matches the picture of a food. Open and close the fortune teller while counting to that number. Next, choose the name of the food on the inside of the fortune teller. Open and close while spelling the name of the fruit. Next, open the flap, read the fun fact and complete the activity.

6-MIN H.I.I.T. FITNESS ROUTINE

CYO INTERVALS CARD

Name:

Fitness Component for Targeted Improvement:
muscular fitness / aerobic capacity
(circle one or both)

Create a routine with 8 activities/exercises.
At least 50% of the activities must work to improve the
targeted fitness component(s) circled above.
It's okay to blend your favorite skill-based activities into the mix
(e.g., basketball, soccer, dance, juggling, sport stacking, etc.).

[illegible]

Nutrition Education Fortune Tellers

www.NutritionFromTheHart.com



1. Print and cut the outside square of the fortune teller.
2. Fold in half and in half again – in the opposite direction.
3. Open out, turn over so the top is blank, and fold each corner into the middle. Turn it over and repeat.
4. Turn so you can see the pictures, fold each corner to create a square showing 4 pictures.
5. Fold so words come together and touch.
6. Slide thumb and pointer finger under pictures and all pictures together in fortune teller form.
7. Ready to use the fortune teller!



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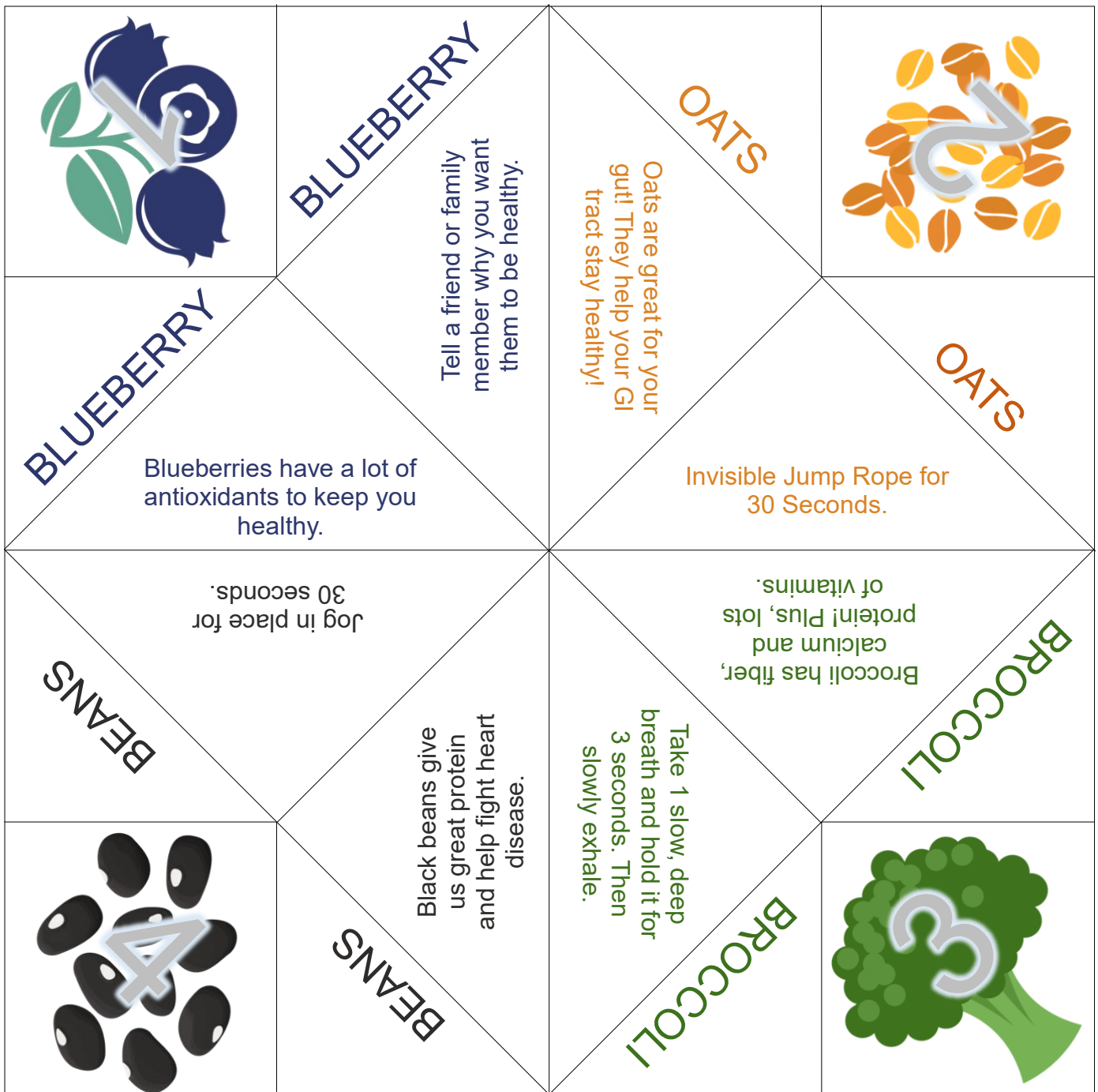


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Bring PE to Your Family Week

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.

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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.

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

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

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