

Hi My Little Friends and Families!

We will have some PE videos for everyone on canvas link starting next week April 6th 2020! No pressure whatsoever! Just options and an activity log to fill out at end of each week. Make it fun and keep moving for an A! Get your parents to play when they are able for an A+. It's good for the soul.



These are just some ideas to pull from for you and your family if you have relevant equipment at home to use. If not, we will keep posting more ideas.

1 This has a cute video teaching golf basics while playing golf tic tac toe if you have golf equipment you can use. If not, play tic tac toe by tossing a bean bag or a baggie of rice? Try to have some physical fun today!

<https://www.golfadvisor.com/articles/coronavirus-junior-golf-activities-at-home>

2 Self distance tennis anyone? 🤖 This is a link for a purchase if interested?

<https://www.facebook.com/394798114481040/posts/547567102537473/?vh=e&d=n>

3 For the Manatee Cove dancers out there! Get off the couch and move! Pull Mom and Dad into the dance too. Have fun! If you want to post your family doing the dance, you will receive a million nothings!! 😊 whoop whoop! Dance requires no equipment just a willingness to try and sometimes look silly.

<https://youtu.be/TimvpO7TZMA>

4 This a relevant health and safety link presented by a medical professional that shares his approach to safely bringing in groceries and take-out food during this time.

Please watch with your children or have them watch and consider implementing at home.

This may seem extreme, but I'm for it in my household. Stay safe and work together with your parents to make things germ free in your house.

Put in your activity log if you or your family has watched the video.

😎😎😎 <https://youtu.be/sjDuwc9KBps>

5 Ping pong option at home??

I have not personally used this and of course VCS does not endorse but this looked like a good option to keep the kids safe and busy if you have a table it will work with.



I might get one too. 🤖 I realize it may totally be out of the question for your family to buy anything like this at this time, just sharing what I came across. Stay healthy everyone!

<https://www.facebook.com/107311034187231/posts/125832189001782/?vh=e&d=n>

6 This is a fabulous and relevant health video for kids.

This is why I switched to “foot fiving” after volleyball games the last week of school. Self distance and stay healthy my friends. ❤️ This shows us why self distancing is important at this time.

<https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FI5-dl74zxPg&data=02%7C01%7Cjcunnin%40volusia.k12.fl.us%7C00cc08fa48aa4351a09508d7cc612108%7C93e9784b350740ffbc0159ea8a1a7b71%7C0%7C0%7C637202589903151628&data=9tT1m7RLkBcT9cS4MllzUw7JQbCxcDWc4cXO78ILRt0%3D&reserved=0>

7

Bal-a-vis-x is a program that encourages focus, rhythm, balance and eye hand coordination. You may remember doing this with Ms. Hobby and I on cold or rainy days in the music room.

Check out the link and make some patterns up on your own or with your family. All you need is a ball that bounces and you can catch with one hand. (tennis ball, golf ball, racquetball, baseball...)

https://www.youtube.com/watch?v=_mbQv34Zs-w

8 For some quick and fun movement with music for the littles, check out the following.

<https://www.gonoodle.com>

Some favorites include:

Get Up

Milkshake

Too Hot

Clap it Out

The Adams Family

(Doing two a day would count as an A in PE for the day. We want everyone to have fun while moving!

Stay healthy! Love you all, Coach Cunningham!