

Physical Education at Home

For every 30 minutes of physical activity that you do outside of school you will receive 1 fitness point. Students should strive for 2 points (60 minutes) per day.

Ideas of ways that you can earn fitness points:

Balloon volleyball	Create your own ninja warrior course (with help of parent)	Cosmic kids yoga (has a youtube page)	Walk your pet
Dance	Play an interactive game (Just dance, Wii sports).	Ride your bike	Hula hoop
Ride a stationary bike or treadmill	Do an aerobics video	Swim	Dance or Martial Arts lessons.
Run the sweeper in your house. (Yes, this IS exercise!)	Laundry Basketball.	Play badminton in your back yard.	Play catch with a friend.
Play hide and go seek	Do yoga	Dance, dance, dance on Youtube	Play soccer
Walk around your block or neighborhood	Jump rope	Play a sport such as basketball, volleyball, football, etc.	Toss a Frisbee with a friend. Play 5 passes

Weekly individual student point totals:

10-14+ points= Green tier above average

6-10 points= Yellow tier average

0-5 points= Red tier needs improvement

Email Mr. K (jklopotek@gws.k12.in.us) at the end of the week with how many points you accumulated, your Homeroom teachers name, and any physical activities not provided that I can share with other classes. Mr. K will have a contest to see which class has the most points at the end of the week and that class will have the fitness point trophy for that week.

Mr. K will also have a video once a week to check in with students, which class gets the trophy for the week, and show some videos of activity ideas.