

BMS Physical Education Instructions

Hello BMS students and families! We hope you are all safe and healthy! Below you will find some general instructions/thoughts/ideas for staying active at home during this time.

- Attached to this packet you will see 3 different handout samples for staying active:
 1. **My Super Schedule** - create a daily schedule for yourself to stay on a healthy, balanced routine. See the right side column for ideas.
 2. **Two Week Activity Log** - start tracking your daily activity! Try to implement 30 - 60 minutes of physical activity per day. There are suggestions on the tracker, but feel free to get creative or make your own activity.
 3. **Fitness Deck Workout** - a fun, engaging workout that can be done at home. All you need is a deck of cards. Instructions included. This is a great activity to do on your own or with your family!

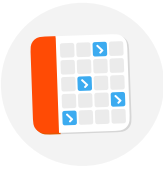
- Most importantly, we want you to MOVE as much as you can, while still staying safe and following the social distancing recommendations. Have you thought about trying the following activities?
 - Start your morning off by getting your blood flowing by doing the following: jog in place, try some jumping jacks, do some crunches and push-ups, or try some air squats. You can go for a short amount of time on each exercise or certain amount of reps (10-20?)
 - Anytime you are behind a screen (TV, phone, computer, video games) take a break after 30 minutes to an hour and do some moving!
 - Challenge your family to a daily workout and lead the workout.
 - There are so many workouts online these days. Check out this link. It has a ton of great virtual classes if interested.
<https://www.weareteachers.com/virtual-pe-classes/>

Bottom line, it is really important to get some exercise while stationed at home. Although these exercises are not required, we really do encourage to get up and move around. If you have any questions at all, don't hesitate to reach out to your PE teacher.

Stay safe and healthy everyone! We miss you!

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MY SUPER SCHEDULE

A schedule can help you make sure that you are staying balanced, sticking to a healthy routine, and taking good care of yourself. Use this tool to plan out your day. Do your best to include one activity of each category. The examples are there to help!

7AM		3PM
8AM		4PM
9AM		5PM
10AM		6PM
11AM		7PM
12PM		8PM
1PM		9PM
2PM		10PM

Rise & Shine!

What is the first thing you will do as you wake up to start your day off right?

- Stretch Journal
- Play Music Exercise

Be Active!

How will you get your body active and moving today?

- Play Dance
- Go Walk Do Yoga

Fuel Your Body!

What healthy foods will you eat today in order to keep your body strong?

- Main Meals Drink Water
- Snacks Cook

Get Curious!

What something new that you can you teach yourself today?

- Schoolwork Language
- Experiments Instrument

Care & Share!

How can you spend quality time with your family and loved ones?

- Talk Watch Movies
- Play A Game Family Meal

Read & Relax.

How can you create your very own moment of Zen today?

- Read Books Write
- Meditate Draw/Paint

Stay Clean & Healthy!

How can you keep yourself feeling clean and refreshed today?

- Shower Clean Room
- Do Laundry Brush Teeth

Catch Some Z's

How can you make sure you get the best night's sleep tonight?

- Make Bed Nap
- No Screens Do Routine



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	<i>Active Outside 30 Mins</i>	<i>Walk with Family 15 Mins</i>	<i>Dance Challenge 15 minutes</i>	<i>60 minutes</i>
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



Physical Education

ACTIVITY LOG

Registro De Actividad Física De 2 Semanas

Use este registro para registrar su actividad física durante las próximas dos semanas. Pídele a un adulto que verifique con su firma que hiciste las varias actividades físicas del día.

Semana 1:

Día	Actividad 1	Actividad 2	Actividad 3	Total
<i>Ejemplo:</i>	jugar afuera 30 minutos	caminar con la familia 15 minutos	desafío de baile 15 minutos	60 minutos
Día 1				
Día 2				
Día 3				
Día 4				
Día 5				
Día 6				
Día 7				

Semana 2:

Día	Actividad 1	Actividad 2	Actividad 3	Total
Día 1				
Día 2				
Día 3				
Día 4				
Día 5				
Día 6				
Día 7				

DECK OF FITNESS

ACTIVITY GOALS

- I will perform exercises with perfect form and at a safe speed.

TEACHING TIPS

- Use Proper Form
- Pace Your Movement
- Have Fun!

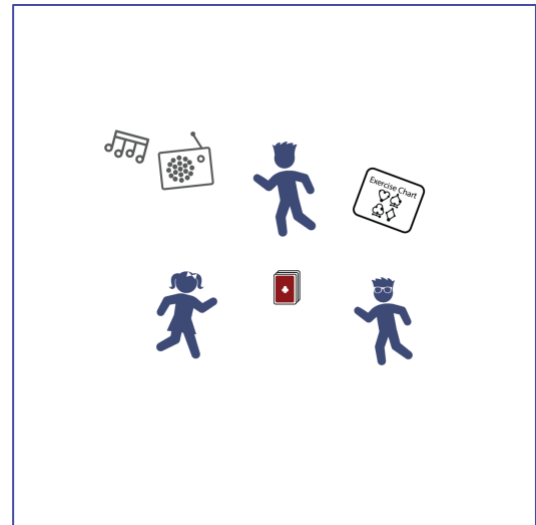
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of cards
- Fun music and music player

Set-Up:

- Shuffle and place the deck of cards face down where everyone can reach it.
- Create an exercise chart using the list shown under the “Tips” section below. (It’s okay to modify your chart using different exercises.)



Activity Procedures:

- Today’s friendly competition is Deck of Fitness. The object of the game is to do as many repetitions as you can of each exercise.
- When you draw a card, you’ll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
- Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.
- In round 1, you and your friends will play together and select 1 card for everyone to perform. In round 2, you can compete: Everyone will choose their own card and complete their own repetitions/exercises.

Tips:

- Make sure you pace your activity safely. Don’t give up form for the sake of speed.
- Be sure you have enough activity space for safe movement.
- Follow this format, or create your own:
 - Hearts = Jumping Jacks
 - Clubs = Push-Ups
 - Diamonds = Invisible Jump Rope Jumps
 - Spades = Squats

EATING
HEALTHY
101

- Hydration Station:** Be sure to stay hydrated before, during, and after exercising. Water has zero calories and is the best way to stay hydrated!