

Hello Parents.....and Hello Grigsby PE Superstars!!!!

Mr. Witt wants to let all of you Grigsby All-stars that he misses seeing all of you, and I can't wait until we can return to school. I sure hope everyone is being safe and taking all the necessary precautions to be as healthy as you can be. Unfortunately, this week does not look great for being outside too much. With that being said, I would like to recommend at least 20 minutes of Physical Activity each day. Below are activities that can be done inside and are safe activities for indoors. If you complete each of the activities below it should provide you with 20 minutes of Physical Activity. You can check off the activity as you get it done!

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday
Steps – Keep track of your steps. Count each step you take. 3 rd /4 th /5 th graders take about 85 steps per minute. Do this until you get to 500 steps! Walking at a normal pace this should take 5-6minutes.					
Low Planks - Forearms and toes are the only parts of your body that should touch the ground, try to keep your back as flat as possible. (30sec per set) – 30sec rest in between set – try to do at least 3 sets daily. (3 minutes)					
High Planks - This should look like you are in an “up” push-up position, arms completely extended; imagine someone setting a glass of water on your back. (30sec per set) - 30sec rest in between set – try to do at least 3 sets daily (3 minutes)					
Jumping Jacks - – let’s combine this with our spelling skills.....Think of a challenging word to spell and try to do a jumping jack for each letter. You can also combine jumping jacks with math skills, you can count by even numbers or by odd numbers as you do you jumps. Be creative, exercise is super fun that way! The challenge is to do 5 sets of 15 jumping jacks. This will give you 75 jumping jack’s each day!!!! Make sure you allow for at least a 30 second break in between sets. (5 minutes)					
Balance – Balancing is a good exercise as well, you are using your core muscles to keep your balance. Balance on your right foot for 30 seconds, then on your left foot for 30 seconds. Your challenge is to do 2 sets on each foot. Be sure to rest 30 seconds in between each set. (4 minutes)					

Here are some other Exercises / Activities you can do:

- *Jump Rope* – If you have a jump rope, get it out and jump rope a little bit each day.....Jump Rope is one of the best activities you can do for your heart! If you don't have a rope at home????? You can tie a bunch of socks together to make your own jump rope, or you can "air" jump rope.....kind of like playing the "air guitar", but we are jump roping instead. Quick reminder: when you are jumping, keep your elbows in against your body; you want to turn the rope with your hands, wrists, and forearms.

Some ways you can jump:

- ✓ Forwards / Backwards (single bounce & double bounce)
- ✓ Right / left foot only
- ✓ Alternate / run in place while jumping
- *Balance Beam* – You can put a line of tape down on the floor and try to balance walk your way across the tape (Be sure to walk heel-to-toe). Try to turn and go back to your starting point. You can also try this going backwards.
- *Skip/Gallop/Hop* – These are locomotor movements that can be done inside the house or outside the house.

Challenges:

- ✓ Can you gallop up and down the hallway for 30sec?
- ✓ Can you skip to the front door and back 5x?
- ✓ Can you hop down the driveway/sidewalk on your right foot, turn around, and hop back on your left foot?
- *Snowball Fight* – You can ball up a bunch of socks and have a snowball fight.....This can be done inside or outside.....Be sure to throw using correct throwing form:
 - ✓ Turn shoulders
 - ✓ Reach ball back away from target
 - ✓ Step toward target with opposite foot
 - ✓ Release and follow through
- *Dance Party* – This is a great way to elevate your heart rate and have a lot of fun in the process. Put on some of your favorite dance music and have a super fun dance party. Let the good time roll!
- *"Simon Says"* - - -This is always a fun activity to try.....You can use any exercise during this game (jumping-jacks, push-ups, sit-ups, burpees, etc.....)

Other commands:

- ✓ Check their rights & lefts (Simon Says place your right hand on your left shoulder)
- ✓ Balance (Simon Says balance on your right foot and count to 5)

*****PARENTS** - - -The best way to contact me with any questions is via my school email address which is kevin.witt@carlisleindians.org I will be available Mon-Fri to answer any questions you may have for me. I check my email hourly throughout normal school hours and will get back to you as quickly as I can.