

P.E. with Joe Wicks



About Joe Wicks

Joe Wicks has a degree in Sports Science, has been a certified personal trainer for 5 years and 3 years of experience as an online nutrition coach. Since Monday March 23rd Joe has been hosting a free workout aimed at kids LIVE on his YouTube channel. With the schools closed and with us all spending more time at home, Joe found it more important than ever to keep everyone moving in an effort to keep everyone feeling healthy and positive. The workouts are fun and suitable for all ages and even adults can get involved. You don't need any equipment, just tune in to Joe's YouTube channel at 9am each morning for a 30-minute, fun workout.

Here are links to previous workouts:



P.E. with Joe, Monday March 23: <https://youtu.be/Rz0go1pTda8>

P.E. with Joe, Monday March 30: <https://youtu.be/sX05HHni9Wk>

P.E. with Joe, Monday April 6: <https://youtu.be/QPXQcCyRFt0>

P.E. with Joe, Monday April 13: https://youtu.be/HCTg5QDD_r0

P.E. with Joe, Monday April 20: <https://youtu.be/Na1rzigYISU>

P.E. with Joe, Monday May 4:
<https://www.youtube.com/watch?v=2iDqBO34ieA>

P.E. with Joe, Tuesday May 5: <https://youtu.be/QvWzWqLk8iQ>

P.E. with Joe YouTube Channel:
<https://www.youtube.com/playlist?list=PLyCLoPd4VxBusdjPRpso2Fq9rf0V0FV98>

Workouts with POPSUGAR Fitness

POPSUGAR Fitness offers fresh fitness tutorials, workouts, and exercises that will help you on your road to healthy living, weight loss, and stress relief. Check out Class FitSugar, our do-it-along-with-us real-time workout show hosted by Anna Renderer who will inspire you to sweat alongside fitness experts and celebrity trainers. Class FitSugar regularly covers the most buzzed-about workout classes and trends, including the Tabata, P90X, Bar Method, and more.

1. Workout #1: Have a Blast with This Family Fun Cardio Workout!

Get your heart rate up in your living room with this fun workout from Class FitSugar host Anna Renderer. Featuring cardio moves that feel like games and challenges where the winner gets prizes — like choosing what's for dinner — this workout is the perfect way for the family to get active together. Anna and the Feng Family are turning on their Fitbits so they can get moving and track all the fun with moves like frog jumps and hopscotch!

<https://www.youtube.com/watch?v=5if4cjO5nxo>

2. Workout #2: 10-Minute No-Equipment, At-Home Cardio Workout

Take 10 minutes to get your heart rate up and burn major calories with this at-home cardio workout. We've partnered with Brooks Running on this no-equipment workout, which includes moves like squat jumps, rocket hops, and skater jumps. For all our runners, we start the workout with high knees that will have you feeling like you are sprinting to the finish line. Ready to move? Let's do it!

<https://www.youtube.com/watch?v=gUWFmn8f3H4>

Welcome to Prime Coaching with Mr. Majewski

Are you an Elementary teacher? Are some of your kids busting to bounce a ball, eager to leap over some obstacles or raring to boot a soccer ball over the playground fence? If P.E really isn't your favorite subject to take, Mr. Majewski is here to help you along the way.

He covers the **fundamental** gross-motor **skills** through different sports, to help you get your kids on their way to becoming super sport stars!

Workout #1: 6 Physical Education Fitness Circuit activities | Grades K-8

<https://www.youtube.com/watch?v=plmrFWw0Fwx>

Workout #2: 12 instant PE curriculum activities - Great for sport games at elementary

<https://www.youtube.com/watch?v=3f06jQqnoi0>

Workout #3: Gross-Motor Movement Exercises for Grades 3-6

<https://www.primecoachingsport.com/gross-motor-circuits>

Workout #4: Agility, Balance & Coordination for Grades K-3

<https://www.primecoachingsport.com/gradek3agility-balance-coordination>

PE at Home with The PE Globe



Hi all, my name is Ryan and I created this website to share ideas, lessons, videos and other resources that you can bring right into your teaching area. Everything you find on this website is focused on developing PHYSICAL LITERACY in all students. Up to date, quality physical education is the spark our students need to help lead them down a path of health and wellness! I have been inspired by so many physical education specialists throughout my career and it is my mission to pay it forward by sharing with you!

The PE Globe Website: <https://thepeglobe.com/pe-from-home>

Workouts/Activities:

1. **Lesson on Tossing & Catching:**
https://www.youtube.com/watch?v=RJzzLHj1YQo&feature=emb_title
2. **Basketball - "Score 8!":** <https://youtu.be/xukGR6P-LAc>
3. **Minute to Win It - Water Bottle Challenge!**
<https://youtu.be/9AV7WuRIIlo>
4. **Active Tetris!:** <https://www.youtube.com/watch?v=-VTYpUH284c>
5. **Playing Card Plank Challenge!:**
https://www.youtube.com/watch?v=Y1WXer02t_o
6. **Agility Challenge!:** <https://youtu.be/jT2Korq0QE4>
7. **Bottle Flip Plank Challenge!:**
https://www.youtube.com/watch?time_continue=46&v=FAxiydr-jTA&feature=emb_logo
8. **Daily Exercise Choice** - Wall Push-Ups, Core Work, Pencil Jumps, Planks (Level 1, 2 or 3): <https://youtu.be/GAeUkw0h3PY>
9. **Daily Exercise Choice – Chair Exercises:** https://youtu.be/8wCZ-uj_ptc
10. **Daily exercise Choice Super 100:** Jumping Jacks x 10, Lunges x 10 (5 each leg), Cross Crawls x 10, Shoulder Taps x 10, Ski Jumps x 10, Mountain Climbers x 10, Jump & Feet Cross x 10, Arm Cross x 10, Up Punches x 10 and Fast Feet x 10 seconds
<https://youtu.be/OuzGFswVqNY>

PE at Home with KESSP



PE at Home has been created by Ange Whitehouse, Sarah Lay and Helen Tonks. They are all education professionals passionate about high quality PE from the King Edward School Sport Partnership in England.

KESSP would like to introduce schools to PE at Home, a free resource for schools to share with teachers, parents and young people. This resource allows young people to explore different skills, practice these skills in a fun and competitive way and to develop these skills into other areas of the curriculum. All our resources are fully differentiated and can be completed all at once or in parts. The links to the PDF documents below allows you to access links to videos, documents and resources that support learning.

Lesson #1: Basketball

<https://www.kessp.com/attachments/download.asp?file=46&type=pdf>

Lesson #2: Athletic Jumping

<https://www.kessp.com/attachments/download.asp?file=48&type=pdf>

Lesson #3: Tennis

<https://www.kessp.com/attachments/download.asp?file=52&type=pdf>

Lesson #4: Gymnastics

<https://www.kessp.com/attachments/download.asp?file=54&type=pdf>

The PE Huddle with Dr. Robert Pangrazi

Dr. Pangrazi is an Educational Specialist with Gopher Sport and is a Professor Emeritus at Arizona State University in Tempe, Arizona. He was the First Executive Director of the Arizona Governor's Council for Health and Fitness.

Here is the link to his PE Page:

<https://www.gophersport.com/blog/dynamic-pe-asap-in-home-lesson-plans/>

Grades K – 2

1. Kicking, Rolling, Bowling and Rolling Ball Skills

<https://www.dynamicpeasap.com/lesson-plan?kicking,-trapping,-bowling-and-rolling-skills>

2. Walking/Jogging Skills

<https://www.dynamicpeasap.com/lesson-plan?walking/jogging-skills>

Grades 3 – 5

1. Basketball Skills – Passing, Catching, Dribbling, Shooting

<https://www.dynamicpeasap.com/lesson-plan?basketball-skills-----passing,-catching,-dribbling,-shooting>

2. Walking Activities

<https://www.dynamicpeasap.com/lesson-plan?walking-activities>

3. Volleyball Skills – Overhand Pass, Forearm Pass

<https://www.dynamicpeasap.com/lesson-plan?volleyball-skills-----overhand-pass,-forearm-pass>

Grades 6 – 8

1. Soccer Skills – Dribbling, Inside Foot Pass, Inside Foot Trap

<https://www.dynamicpeasap.com/lesson-plan?soccer-skills-----dribbling,-inside-of-the-foot-pass,-inside-of-the-foot-trap>

2. Frisbee Skills <https://www.dynamicpeasap.com/lesson-plan?frisbee-skills>

At-Home Equipment Replacement List for PE Activities

Provided by the Gopher Sports Community on the Gopher Sports website

We know it can be difficult to teach Physical Education without equipment. We know many of you are struggling to find ways to keep students active at home. Below you'll find a list of equipment substitutions to share with students and parents.

Here is a link to the list:

https://mk0bloggophersprvo63.kinstacdn.com/wp-content/uploads/2020/04/Active-At-Home-Equipment-Substitutions_4.8.2020.pdf



EQUIPMENT REPLACEMENT LIST

PE Equipment	Household Item
Activity Balls	Socks, crumpled recycled paper, stuffed animals
Agility Dot Drill Mat	Sidewalk chalk, electrical tape, painters tape, sticky notes
Agility Ladder	Sidewalk chalk, electrical tape, painters tape
Balance Beam	2x4 or any long flat board, couch cushions
Balance Disc	Folded blanket, pillow, couch cushion
Baseball	Socks
Beanbags	Socks, smaller stuffed animals, well-sealed bags with rice
Bowling Pins	Water bottles, shampoo/soap bottles, empty paper towel rolls
Conditioning Rope	Any thick rope, extension cord, tied towels
Cup Stacking	Plastic cups
Disc Targets	Laundry basket, cardboard box
Discs/Frisbee®	Plastic plate, ice cream bucket lid
Dumbbells	Canned goods, water bottles
Fitness Bar	Broomstick, PVC pipe
Flag Belts	Long socks tucked in a waistband, streamers or ribbon tied to a belt
Floor Sliders	Paper or plastic plates, socks on hardwood floors
Hurdles	Cereal boxes or other pantry items, stacks of toilet paper rolls, couch cushion, cardboard boxes
Jump Rope	Create a rope out of duct tape or recycled bags (https://www.kidzburgh.net/make-a-monday-recycled-bag-jump/)
Kettlebell	Milk jug, laundry detergent bottle
Medicine Ball	Heavy book
Poly Spots	Kitchen drawer liners, pieces of paper, paper plates

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EQUIPMENT REPLACEMENT LIST

PE Equipment	Household Item
Rhythmic Wands	Decorative wrapping ribbon, streamers
Sandbags	Fill a gym bag with heavy, but soft items surrounded by clothes. Water softener salt bags
Soccer/Hockey/Lacrosse Goals	Any 2 cones or markers to create a goal or target, cardboard boxes, laundry baskets
Targets	Water bottles, bed sheets, plastic/paper plates, large pots and pans, laundry baskets
Tater Sacks™	Pillowcase, large plastic bag/trash bag, large empty dog food bag
Tennis Racket	Paper towel tube + plastic plates, spatula
Volleyball/Tennis Ball	Balloons are great for beginners, or blow into a large plastic bag to volley back and forth
Volleyball/Tennis Net	Bed sheet folded in half, tie a rope between two chairs
Weight Plate	Heavy book, sack of flour or sugar
Weight Vest	Backpack

Other Fun At-Home Active Games

Dice	Introduce variation or an element of unpredictability to an activity. The number you roll is the number of activity reps. Dice are also great for math (multiply/add the different dice)! Incorporate Yahtzee® into your activity!
Sidewalk Games	Sidewalk chalk can be used for hopscotch, 4-Square, targets, etc.
Balloons	Balloons are great for any striking activity. Also, how long can you keep it in the air to pass it to a partner?
Active Tic-Tac-Toe	All you need is some chalk or tape!
Playing Cards	These are great for performing fitness challenges. The suit determines the type of activity and the number determines the amount of reps.
Circus Unit	Spinning plastic plate/bowl with pencil, scarves = plastic bag, tissues. Beanbags = stuffed animals or rolled up socks. Spin a dish cloth on a finger
Balancing Games	Use paper plates and a duster with a long handle
Play!	The most important thing at this time is to get kids outside to play. Encourage kids to play outside a few times a day for 10 minutes.

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