

Hello Arvada-Clearmont Elementary Families,

I hope you are all doing well and staying healthy. As we undertake a new education adventure, I am working to find fun and educational tools to help your child stay active throughout our quarantine. Hopefully we are back to our normal school routine soon! I do not want to put too much pressure on you as parents/guardians, as I am aware that there is so much going on. ***I do however want to stress the importance of physical activity through these trying times to ensure not only everyone's physical well being but everyone's mental health as well. When we exercise, our brain releases endorphins which are the "feel good" hormones. These hormones help combat anxiety, depression, stress, and can greatly reduce those "sad" feelings. Not to mention, Spring is in the air! Getting outside and breathing in some fresh air can really help with concentration, and overall mood!***

- If you can, please try and get your child physically active as much as possible throughout day. This will benefit them in many ways, and help parents/guardians keep their sanity!
  - For K-6 grade children, try and have them active for 30-40 minutes twice a week.
  - Keep in mind, that this does not have to be one big chunk of time all at once. Your child can take 10 minute "brain breaks" from their schoolwork to do physical activity.
  - Ask your child what they think they can do to get their hearts beating fast!
  - Also, keep in mind that some (if not all) of these ideas, you can jump in and do with them or do as a whole family. You too, will reap the benefits of getting active and you will have fun with your child.
  - ***Please help your child track their physical activity on the activity log which you can find in your elementary goggle classroom!***
- **Some skills that we have worked on this year so far include:**
  - Throwing and catching a ball or beanbag.
  - Locomotor movements such as skipping, hopping, jumping, galloping, walking, running, leaping, and sliding.
  - Jump roping forward and backward
  - Scoop and ball activities
  - Relay races
  - 3-6 volleyball and soccer skills
  - 5-6 basketball skills (shooting, dribbling, passing)
- *Here is a list of activities that you can have your child do to stay active and reinforce what they have learned. Also, please keep in mind that daily walks, runs or outside play are all great forms of exercise as well! It is recommended that we stay away from public playground equipment as the virus can live on the equipment. These activities can be done at home in a yard or even inside. Not all students have access to all or any of the equipment, so be creative and see what your child can come up with.*
  - Play catch with any type of object that is safe. (sock's rolled up, ball of yarn, little stuffed toy, etc.)
    - Catch with one hand
    - Catch with left hand then right hand
    - How many times can you catch in a row
    - Create your own challenge
  - Locomotor tag or races
    - For tag use different locomotor movements to move
    - For races skip to fence and back, or gallop to your bedroom and back.
    - Races of any kind.
  - Jump rope activities
    - Jump forward or backward for a certain amount of time.
    - Work jumping on one foot and then the other foot.
  - Animal walks

- We have learned how to walk like a bear, dog, lame dog, crab, seal, alligator, rabbit, frog, inch worm. Make a race if you want.
- Volleyball skills 3 -6 ( can do these with a balloon)
  - Can hit back and forth with a partner.
  - How many times can they hit it up in a row without hitting the ground.
- Basketball skills 5-6
  - Shooting if you have a basket.
  - Be creative use a bucket or pan and shoot a small ball or socks rolled up into the item. Put your hand in the cookie jar. Be creative, but be save.
- Other ideas
  - Take your dog for a walk.
  - Take a walk with your family.
  - Daily push-ups how many can you do each day. Keep a record.
  - Family push-up challenge. Who can do the most in a row?
  - Daily stretching! Get the blood flowing.
  - Go for a family run, but remember social distancing from others. Jog in place. Can you run for a minute without stopping.
  - Clean out the barn or corral.
  - Fixing fence.
  - Go for a bike ride.
  - Sit ups.
  - Yard work, raking leaves, get flower garden ready, etc.
  - Create A Game! Be ready to share this with me.
- ***These are just some friendly suggestions from yours child's P.E. teacher! I miss every one of my students and can't wait to see them again. I hope that my students and families can find ways to be active together as it will help combat this situation we are in. Spend some time together when you can, be active when you can, and stay healthy.***
- I would enjoy seeing some pictures of my students being active. Email them to [jclabaugh@shr3panthers.com](mailto:jclabaugh@shr3panthers.com)
- Students please fill out your activity log each time you are active for at least 30 minutes.
- Please email me if you have any questions.

Mrs. Clabaugh  
 Sheridan County School District #3  
 K-12 Physical Education Teacher  
[jclabaugh@shr3panthers.com](mailto:jclabaugh@shr3panthers.com)