

Learning Anywhere and Anytime

ED/BD, ESL, Inclusion PE Class

For each day that you are home, you need to complete four of these activities. Cross them off as you do them and return your completed work.

Personal Training	Social Emotional Learning	Challenge	Creativity Challenge	Grab Bag
25 sit ups 10 push ups 10 squats 5 sets of stairs	Tag Play a game of tag with your siblings/relatives. Try for 20 consecutive minutes.	Wall sits Lean against a wall then sit like you are in a chair. Hold this as long as you can. 1 min? 3 min? 10 min?	Poems Choose one sport you love and write an 8-line poem.	Mom Go for a 10-minute walk with mom. She does a lot for you. Increase by 5 minutes each day.
30 sit ups 10 push ups 15 squats 5 sets of stairs	Bowling Set up 10 water bottles (any bottles empty/full) Roll any type of ball that is smaller than the bottles.	Weights Use a full gallon of milk/laundry detergent and lift weights. -Bicep curls -Bent over rows -Front raise (palm down)	Coach Choose one sport you love and draw out 3 offensive plays. Use X's to indicate the players. Draw the court/field.	Garbage Basketball Place a garbage can in the room and "shoot" the garbage into the from all areas of the room. Work on your moves and clean up any messes.
35 sit ups 15 push ups 15 squats 7 sets of stairs	Pin Fitness Water bottles as the "pins". Set them up in the living room and try to knock down your opponent's pins before they knock down yours.	Plank Get in the push up position and hold that position (plank) for as long as you can. Can you last the whole commercial break during your favorite tv show?	Clothing line Choose one sport you love and create your own clothing line. Draw the home and away jerseys.	Laundry Basketball Place a laundry basket in the room and then "shoot" the laundry into the basket from all areas of the room.
40 sit ups 15 push ups 20 squats 10 sets of stairs	Ice Skating! Use two paper plates as your ice skates and skate around the house.	Run Forrest Run Run around the house 5, 10, 15, 20 times. Increase each day by 5. Who will have the most laps?	Shoe Mogul Choose one sport you love and design your own shoes. Draw them out and color.	Floor Hockey Place a laundry basket on it's side and roll up a few socks into a ball. Use a broom to "sweep" a goal.

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Autism PE class

For each day that you are home, you need to complete four of these activities. Cross them off as you do them and return your completed work.

Personal Training	Social Emotional Learning	Challenge	Creativity Challenge	Grab Bag
Run 5 sets of stairs – up and down is one set	Tag Play a game of tag with your siblings/relatives. Try for 20 consecutive minutes.	Jump Jump on a trampoline for 5 minutes. Increase 5 minutes each day. Use a couch cushion on the floor.	Read Read a story that has a sport in it. Point all sport balls to your parent.	Mom Go for a 5 minute walk with mom. She does a lot for you. Increase by 5 minutes every other day.
Run 7 sets of stairs – up and down is one set	Bowling Set up 10 water bottles (any bottles empty/full) Roll any type of ball that is smaller than the bottles.	Weights Use a gallon of milk, laundry detergent or bottles of water and lift weights. Ask Mom first. If you can't lift the weights simply transfer them from one side of the living room to another side.	Watch Watch a sport on TV with your parent and point out all sport balls you can see.	Garbage Basketball Place a garbage can in the room and "shoot" the garbage into the garbage can from all areas of the room. Work on your moves and clean up any messes.
Dance Dance/Walk to our warm-up songs... -The Ants Go Marching 1 By 1 -I'm So Happy -Shake Your Sillies Out -Pinocchio Song	Pin Fitness Water bottles as the "pins". Set them up in the living room and try to knock down your opponent's pins before they knock down yours.	Swing Find a swing set and swing until you can't swing anymore.	Clothing line Choose one sport you love and create your own clothing line. Draw the home and away jerseys.	Laundry Basketball Place a laundry basket in the room and then "shoot" the laundry into the basket from all areas of the room.
GO NOODLE -Log in to Go Noodle and choose any activities. You may sign in as a guest.	Ice Skating! Use two paper plates as your ice skates and skate around the house.	Run Forrest Run Run around the house 5, 10, 15, 20 times. Increase each day by 5. Who will have the most laps?	Color Color any coloring pages that have a sports theme.	Floor Hockey Place a laundry basket on it's side and roll up a few socks into a ball. Use a broom to score ("sweep") a goal.