

INSTRUCTIONAL FOCUS WORK
Mrs. Bowen
Health & P.E. Activities

Teacher Name (Last, First)	Teacher Email	Supplemental Work-Links/Location (Be very specific with details about listed assignments)
Bowen, Cheryl 8/10-14/2020	bowenc@brunswickcps.org	Google Classroom links have been provided to homeroom teachers to disseminate to students so they can join my PE classes. I will meet with students at the beginning of class each class period they are assigned for PE and explain activity and procedure, then they will be on their own to perform it and submit the exit survey to me to track attendance.
		Focus this week is to do introduction, procedures for class participation and attendance, perform various exercises
8/17-21/2020		Focus this week is Yoga using video found here. Get up and get moving, invite your family members to join in with you. https://www.youtube.com/user/CosmicKidsYoga
8/24-28/2020		Scavenger hunts around the house and yard. After you find an item, you will do the exercise or activity listed in the same box on the form. Have fun and challenge someone in your home to compete with you. https://drive.google.com/open?id=1USMY9Gt7ArR5eX_wTT-ovJI_qxTWrcnu&authuser=0
8/31-9/4/2020		Clean Your Yard video and throwing activities. Watch the video and listen to the instruction to teach you how to throw an item. After you are done watching, it is time to practice your throwing skills. See how far you can throw things.

		https://drive.google.com/file/d/1QI13AMEfsjGM2U-VartVI4simq6sOpAc/view?usp=sharing
9/7-11/2020		<p>Focus this week is to work on throwing activities by playing Table Toss game. Find some items to use inside that are not breakable and let's go practice.</p> <p>https://drive.google.com/file/d/1ZcS5MnWxFtytqn_ooQ41oagWc45a3WYU/view?usp=sharing</p> <p>For the next 4 weeks we will be conducting a Physical Activity Challenge.</p> <p>For Prek-2nd grades, your teachers will ask you each day if you performed at least 60 minutes of physical activity the day before. Please be honest and let them know. Our goal is 60 minutes a day, but of course you can do more if you want. Mrs. Martin and I will be checking in with your teacher to see how you are doing, and I will post reminders to keep track of your activity.</p> <p>For grades 3-5, you will complete the Classroom assignment that I have posted and track your own activity each day.</p> <p>https://drive.google.com/open?id=1IIMTk_XDCLwM_AfyEaJv7yhTMo0dYMkQRxKOxwQsTGk&authuser=0</p> <p>Hopefully, we will have a reward for you after the 4 weeks are up. Have fun and let's get moving.</p>
9/14-18/2020		<p>Warm up exercises.</p> <p>We are starting our soccer skills and will watch videos to learn how to kick a soccer ball and ways to control it. There are 3 videos you can watch that explain the techniques, then if you have a ball you can practice them.</p> <p>https://www.bing.com/videos/search?q=you+tube+mr.+baker+soccer+dribblein&&view=detail&mid=411A36B2FF4BE81C6B32411A36B2FF4BE81C6B32&&FORM=VDRVSR</p> <p>https://www.bing.com/videos/search?q=teaching+Soccer+Dribbling+Skills&&view=detail&mid=3D97C7C40CAE33E956223D97C7C40CAE33E95622&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dteaching%2520Soccer%2520Dribbling%2520Skills%26qs%3Dn%26form%3DQBVDMMH%26sp%3D-1%26pq%3Dteaching%2520soccer%2520dribbling%2520skills%26sc%3D0-32%26sk%3D%26cvid%3D1F1F30FA60AE4A9B83DF220923232DBE</p>

		<p>https://www.bing.com/videos/search?q=teaching+Soccer+control+Skills&ru=%2fvideos%2fsearch%3fq%3dteaching%2520Soccer%2520control%2520Skills%26qs%3dn%26form%3dQBVDMH%26sp%3d-1%26pq%3dteaching%2520soccer%2520control%2520skills%26sc%3d0-30%26sk%3d%26cvid%3d77BCBA73F56F4EFA98396F5A8D003D0B&view=detail&mid=E336E90A0D1B5E74B2F9E336E90A0D1B5E74B2F9&&FORM=VDRVSR</p> <p>https://www.bing.com/videos/search?q=soccer+Speed+for+beginners&ru=%2fvideos%2fsearch%3fq%3dsoccer%2520Speed%2520for%2520beginners%26qs%3dn%26form%3dQBVR%26sp%3d-1%26pq%3dsoccer%2520speed%2520for%2520beginner%26sc%3d0-25%26sk%3d%26cvid%3d6EA11466F1954B90A2E52FDDDD7DDE98&view=detail&mid=5F27DAE443C2A87DFE575F27DAE443C2A87DFE57&&FORM=VDRVRV</p>
9/21-25/2020		<p>Start class by discussing Peace Day, “One Day One Goal” and show video: https://youtu.be/eOObnfim7al</p> <p>Warm up exercises. We are continuing with our soccer skills today, kicking and accuracy. I hope you have some kind of ball you can use in your yard to practice. The first activity is called Soccer Golf. You can play alone or with others. You make a target in the yard and see how many kicks it takes to get to the target. The player with the least number of kicks wins. https://www.youtube.com/watch?v=K8xEUDaT_eQ Then, I know you all love tic-tac-toe, so we have a game called kick-tac-toe where you make a grid on the ground (it needs to be BIG) and try to kick the ball inside the grids. Each time you get it inside, you mark that box with your X or O, trying to get 3 in a row. https://www.youtube.com/watch?v=gDmAHBZqRY8 Hope you have fun and don't forget to complete the exit ticket (At home PE activity Google form) to let me know how you liked it. See you next week.</p> <p>3rd-5th grades here is an extra activity for you to do called Soccer Croquet. You set up a croquet course in your yard and try to kick the soccer ball through the course. Have fun.</p>

		https://drive.google.com/open?id=1bRLpj_KI98MT9YxJfp0yCs-Je5aglJzT&authuser=0
9/28-10/2/2020		<p>Warm up exercises. 3rd, 4th & 5th grades you have a Perimeter Fitness warm up to do as well.</p> <p>https://drive.google.com/open?id=1_T4ehCRTneScVFk2Ph5qcSa5YNjtROnu&authuser=0</p> <p>We will all be moving and grooving today as we have a dance party. There are 3 videos posted that you can watch and learn some dance moves. Hope you have fun.</p> <p>https://www.youtube.com/watch?v=3WnI4UNgSaY</p> <p>https://www.youtube.com/watch?v=RoYxG0avSfY</p> <p>https://www.youtube.com/watch?v=KhfkYzUwYFk</p> <p>***Next week you will need a balloon and 2 empty paper towel rolls</p>
10/5-9/2020		<p>We will be Exercising with YoYo today. You will need 2 empty paper towel rolls and a balloon that is blown up for our activities. The first video from YoYo is exercising with her to warm up using paper towel rolls to keep rhythm.</p> <p>https://youtu.be/8kN8wh9ZW7k</p> <p>Then, we will practice our hand-eye coordination and other skills using a balloon.</p> <p>https://youtu.be/trmb6LXGpA0</p> <p>**Next week you will need some cups or buckets and a small ball or pair of socks rolled up</p>
10/12-16/2020		<p>For warm ups this week we are using Climb the Eiffel Tower activities:</p> <p>https://drive.google.com/file/d/1a0YcZnDU31WEIHWtJ5FYQALol-pbGWIQ/view?usp=sharing</p> <p>You will need some cups or buckets or dishes to catch a ball (rolled up socks, paper ball, etc.) as it rolls down steps. We are playing at home Plinko. You will score points and add them up as your ball rolls down and into a cup. See who can score the most points.</p> <p>https://drive.google.com/file/d/1SMgoIT_282AU3hOzzC0hZP5nk8sNoWDb/view?usp=sharing</p>

10/19-23/2020		<p>We are working on relaxation and calming this week by practicing our Yoga that we learned with Mrs. Martin and Ms. Mize last year. Watch the Yoga video that is posted and practice along with Mrs. Martin and Mrs. Bowen.</p> <p>https://drive.google.com/file/d/1tQhPaE2r_gxApGufJFKc7FJQkW7L9vwE/view?usp=sharing.</p>
10/26-30/2020		<p>We will have some fun since it's Halloween week. There is a Halloween Fitness Warm-up activity to do, then several dances you can participate in.</p> <p>PreK-2 has a Freeze Dance and Halloween Remix, while grades 3-5 will do a Thriller dance, This or That activity.</p> <p>Everyone will get in the groove doing the Halloween Stomp, Dance it out with Ghostbusters, and Boom Chicka Boom Halloween style. Have fun and remember to complete your exit ticket your you are done.</p>
11/2-6/2020		<p>This week we will work on fitness activities. Prek-1 grade will do fitness moves using the Tic Tac Toe Fitness activity</p> <p>https://drive.google.com/file/d/1ZtqsaBk_YhZP6K3xTmKaDQPo40AYQvgN/view?usp=sharing</p> <p>Grades 2-5 will learn some math while doing fitness moves using the Mathopoly board. Any fitness activity that you don't know how to do, make it up or google it to see how the move is done. Challenge someone at home to a game and see who can score the most points. Have fun.</p> <p>https://drive.google.com/file/d/1k3v0sHlvuovc6ne4Cbha7EPbxn8VIB2N/view?usp=sharing</p>
11/9-13/2020		<p>We are working on relaxation and calming this week by practicing our Yoga that we learned with Mrs. Martin and Ms. Mize last year. Watch the Yoga video that is posted and practice along with Mrs. Martin and Mrs. Bowen.</p> <p>https://drive.google.com/file/d/1NY9CxNe1g-VOLvhy5LqvXPqw3mTOpyc4/view?usp=sharing</p> <p>Don't forget to complete your Exit Ticket to let me know you did the assignment.</p> <p>Friday you have a scavenger hunt on Living and Nonliving things.</p> <p>https://drive.google.com/file/d/1VQefBP_m_l8_0tyuKY_kh4r5no3KAUUT/view?usp=sharing</p>

<p>11/16-20/2020</p>		<p>We will be celebrating Thanksgiving this week with some exercises and dancing. I have them broken down by grade level, but you can do them all if you want. Prek - 2 grade: https://drive.google.com/open?id=1pBvvW1hxF10WrZi1fkt0dvwxMUd0NsAZ&authuser=0 https://video.link/w/Kbpwb https://video.link/w/7kpwb https://video.link/w/8fpwb https://video.link/w/Ylpwb https://video.link/w/Fipwb</p> <p>Grades 3-5: https://drive.google.com/open?id=1XMX9gf6bOaKO_dglWMqGQK3In-xN7fEv&authuser=0 https://video.link/w/Kbpwb https://video.link/w/rUowb https://video.link/w/Fipwb https://video.link/w/8fpwb</p> <p>Remember to do your Exit Ticket to let me know your favorites. The scavenger hunt this week is a gratitude hunt. https://drive.google.com/file/d/1RBaf17HB2qVa-y5QARsv_iTe3Xqr8mZ/view?usp=sharing</p>
<p>11/23-24/2020</p>		<p>Prek-1: Welcome to class. Today, we have some fitness activities to do. The first is Brain Break Exercise Songs for Kids. Then you will practice some yoga using your body to spell out the letters of the alphabet. Last is a Freeze Dance/Freeze Song to move to and freeze when you are told. These videos will have you up and moving, so remember to take a break in between if you need to and take a water break if you need one. You can replay these as often as you like. Hope you have fun and don't forget to complete your Exit Ticket. Happy Thanksgiving and see you next time.</p> <ol style="list-style-type: none"> 1. https://video.link/w/s3N1b 2. https://video.link/w/s3N1b 3. https://video.link/w/s3N1b <p>Grades 2-5: Welcome to class. Today, we have some fitness activities to do. The first, Workout for Kids, Space Run! is like a video game that you are participating in by running, jumping and moving to make it to the final level of the game. Have fun. Then you have Flip a Coin Kids Brain Break workout to play and Action Songs for Children - Move and Freeze. These videos will have you up and moving, so remember to take a break in between and take a water break if you need one.</p>

		<p>You can replay these as often as you like. Hope you have fun and don't forget to complete your Exit Ticket. Happy Thanksgiving and see you next time.</p> <ol style="list-style-type: none"> 1. https://video.link/w/rtN1b 2. https://video.link/w/oxN1b 3. https://video.link/w/s3N1b
Nov. 30- Dec. 4, 2020		<p>We are continuing our Thanksgiving theme and gratitude awareness by doing a Gratitude scavenger hunt together. You will use the letters in the word "gratitude" to find items around where you are located and show what you found. Then we have exercises to do that start with those letters as well. This is so much fun and gets you up and moving too.</p> <p>Remember to do your Exit Ticket and Friday's scavenger hunt is called Inventions Scavenger Hunt. https://drive.google.com/file/d/1VjzShe5B10wnXZUEhbaR-3eATdFXWitg/view?usp=sharing</p>
Dec. 7- 11, 2020		<p>We will be participating in the Hour of Coding with our PE lessons this week. Our assignment is to do a coding dance party and dance it out. We will use the website, https://studio.code.org/s/dance-2019/stage/1/puzzle/1, to design a dance then move along with the avatar and practice our dance. This should spur some interest in writing code for some of you who may go on to become a programmer. Don't forget to complete your Exit Ticket by Friday and remember there will be a new scavenger hunt posted for you on Friday.</p>
Dec. 14- 18, 2020		<p>This week we will be celebrating Christmas and winter break by doing games and dances together.</p> <p>PreK-2 here are your activities: https://www.youtube.com/watch?v=pMeKIAEpWxw https://www.youtube.com/watch?v=h6vtuQFkVzA https://www.youtube.com/watch?v=ebV9M4alzJM https://www.youtube.com/watch?v=4YujW-oxPlw</p> <p>Grades 3-5 here are your activities: https://www.youtube.com/watch?v=R82EBGYm9fw https://www.youtube.com/watch?v=SlqcMiNs4Sc https://www.youtube.com/watch?v=4YujW-oxPlw https://www.youtube.com/watch?v=sCSles6nE4s</p> <p>Don't forget to complete your Exit Ticket to let me know how you did and what you think of the activities.</p>

<p>Jan. 5-8, 2021</p>		<p>Welcome to PE class and Happy New Year. This week we will be doing some Winter Fitness activities. All grades will do:</p> <p>Gingerbread Fitness Remix found at: https://www.youtube.com/watch?v=FrcSN02WmWY</p> <p>This or That Winter Edition found at: https://www.youtube.com/watch?v=uTKbXt8n0Vs</p> <p>I Spy Winter Edition found at: https://www.youtube.com/watch?v=-2wYgG-f648</p> <p>Ski Chase found at: https://www.youtube.com/watch?v=-04-n1XptwE</p> <p>Grade 2-5 will also have Winter Math Fitness found at: https://www.youtube.com/watch?v=MUFUCm-66WU</p> <p>Hope you enjoy the activities and remember to complete our Exit Ticket to let me know you have done them and what your favorite is.</p>
<p>Jan. 11-15, 2021</p>		<p>Thank you for coming to class to work out to try to keep your mind and body healthy. This week we will do an Escape Room activity. You are an Elf in training and need to complete the activities to escape the workshop. We will do warm up exercises once the video begins. There are 4 activities within the video to complete. Have fun and hope you make it out. Your Exit Ticket is in the classwork section of the PE classwork as well, so don't forget to complete that. See you next time.</p> <p>https://drive.google.com/open?id=19aMunuhAuVfyAHakTUCFbcSBxrvLgXRmWFXjttX_us&authuser=0</p>
<p>Jan. 19-22, 2021</p>		<p>Welcome to class and thank you for joining in on our activities. This week we are working on locomotor skills. We will be completing the Locomotor Treasure Hunt found at https://docs.google.com/presentation/d/19SdNNy8oT4tIGF4y92oFVS-dop1DQXo-mssToJH2so4/edit?usp=sharing</p> <p>Don't forget to complete your Exit Ticket for your attendance and to let me know how you liked the activity. See you next time.</p>
<p>Jan. 25-29, 2021</p>		<p>Welcome to PE class and thanks for coming. I know you will enjoy our activities today as you keep your minds and bodies moving and healthy. We will be doing several of your favorite types of activities.</p> <p>Disney Soul Workout found at : https://www.youtube.com/watch?v=utqwzdsFGVc</p> <p>I Spy Among Us found at:</p>

		https://www.youtube.com/watch?v=rHYnSkDtA30 Would you rather found at: https://www.youtube.com/watch?v=JhuM6L6Lek8 Your Exit Ticket can be found in the PE classroom as an assignment along with a video with instructions and warm up exercises. Hope you have fun and remember to keep moving for your health.
Feb. 1-5, 2021		Welcome to PE class and thanks for coming. I know you will enjoy our activities today as you keep your minds and bodies moving and healthy. Since next Sunday is Super Bowl Sunday, we will be doing several activities related to football. What's This? Video found at https://video.link/w/ruVLb Touchdown Run video found at https://video.link/w/ouVLb Super Bowl This or That found video found at https://video.link/w/7uVLb The Exit Ticket can be found in the PE classroom as well as the instructions and warm up exercise video. Hope you have fun. A scavenger hunt for the Super Bowl will be posted on Friday. https://drive.google.com/open?id=17ut6ZRC6Nva9tPSw6TGTE8Yar6BXQhlf7JNl4tpw_Y&authuser=0
Feb. 8 – 12, 2021		Welcome to PE class and thanks for coming. I know you will enjoy our activities today as you keep your minds and bodies moving and healthy. Since next Sunday is Valentine's Day, we have a Valentine's theme exercise room with activities to complete. https://docs.google.com/presentation/d/e/2PACX-1vRnnYF8R6ViUCzXUbl_bkppn4QZ_urevFtnewPY_npnbH6soU6NP0dy_X2dvUMvdga77C-UrPMKvQCT/pub?start=true&loop=false&delayms=3000 The Exit Ticket can be found in the PE classroom as well as the instructions and warm up exercise video. Hope you have fun. A scavenger hunt for the Valentine's Day will be posted on Friday. https://drive.google.com/open?id=19oovoP73o2Z9udOBx1rDDi-pft9iV8Ho1wzmGFKN0ck&authuser=0
Feb. 15 – 19, 2021		Welcome to PE class and thanks for coming. I know you will enjoy our activities today as you keep your minds and bodies moving and healthy. We are celebrating President's Day this week and will do activities celebrating winter and learning about our US Presidents.

		<p>Snow Motion https://video.link/w/mN6Rb</p> <p>Snow Battle https://video.link/w/XN6Rb</p> <p>President's Day Fun Facts https://video.link/w/sM6Rb</p> <p>The Exit Ticket can be found in the PE classroom as well as the instructions and warm up exercise video. Hope you have fun. A scavenger hunt called Winter Scavenger Hunt will be posted on Friday.</p> <p>https://drive.google.com/open?id=1TwyhXUumRgaocgTgrEDkTcGmRhhdVbm-MoKMqMaHz8Y&authuser=0</p>
Feb. 22 – 26, 2021		<p>Welcome to PE class and thanks for coming. I know you will enjoy our activities today as you keep your minds and bodies moving and healthy. Since February is Black History Month, we have several activities to complete to learn about black athletes and other famous black people. Hope you learn some new facts.</p> <p>Black History Month Workout https://video.link/w/d0iUb</p> <p>Black History Month Fitness Fun https://video.link/w/6jiUb</p> <p>Black History Month Fitness Activity https://video.link/w/DmiUb</p> <p>The Exit Ticket can be found in the PE classroom. Hope you have fun. A scavenger hunt called Winter Indoor Scavenger Hunt will be posted on Friday</p>
March 1-5, 2021		<p>This week we are celebrating Read Across America; thanks for coming to class to participate with us. We have several activities to do in recognition of this week and to help us improve our skills. In Dr. Seuss Quotes Game you will need to guess what book a particular quote comes from, then do the exercise that matches your guess. Read Across America This or That will provide 2 selections and you do the activity based on the one you pick. For Dr. Seuss Fitness, you will do an exercise based on the character/book you pick. Hope you enjoy these activities. Don't forget to complete your Exit Ticket and let me know your favorite Dr. Seuss book. The scavenger hunt for Friday is an alphabet hunt. See you next time.</p> <p>Dr. Seuss the Quote Game https://video.link/w/HY1Vb</p> <p>Read Across America This or That Tabata https://video.link/w/kZ1Vb</p> <p>Dr. Seuss Fitness https://video.link/w/BZ1Vb</p>
March 8-17, 2021		<p>Welcome to class. This week we are continuing our fitness activities and doing a little yoga as well. Our activities are Yoga Freeze Dance, Snow Ninja Challenge, Snowflake fitness. Hope you have fun and please remember to complete your Exit Ticket.</p> <p>PE Games: Yoga Freeze Dance https://video.link/w/S2AYb</p> <p>Snow Ninja Challenge https://video.link/w/K2AYb</p>

		Snowflake Fitness https://video.link/w/t4AYb
March 15-19, 2021		<p>Welcome to class, so glad you could make it. This week we are celebrating St. Patrick's Day with some Lucky Leprechaun activities. You can do your warmups with me or to the video in the classwork, then start your activities. We are doing St. Patrick's Chase, Lucky Leprechaun Coin ID (you will need a coin to flip for heads & tails), and Can you find the Leprechaun. Lots of fun in store for you today. Hope you can go outside and enjoy any sunny, warm weather we might have as well. Remember to complete your Exit Ticket, too. See you next time.</p> <p>St. Patrick's Chase https://video.link/w/uDjac Lucky Leprechaun Coin ID https://video.link/w/9Djac Can you Find the Leprechaun https://video.link/w/TGjac</p>
March 22-26, 2021		<p>Welcome to class. This week we will work on some Math skills while we exercise and have fun. We have Math Imposters Fitness, Guess Who Pet Edition, and YoYo Tobata Workout to do this week. It will be lots of fun as you review some math and exercise to stay fit and keep your mind healthy. Please remember to complete your Exit Ticket and there will be a scavenger hunt posted on Friday. Hope you have a great spring break and see you in April.</p> <p>TABATA Cardio Fun for kids https://video.link/w/uMmdc Math Imposters Fitness K-2 https://video.link/w/tLmdc Guess Who Kids Workout Pet Edition PREK-K https://video.link/w/sSmdc Among Us Math imposters multiplication https://video.link/w/Eendc Greater than or less than https://video.link/w/lfnec</p>
April 5- 9, 2021		<p>Welcome to class. I hope you all had an enjoyable and restful break and a Bless Easter. Our activities this week are based on an Easter theme, so let's get ready to hop along. We will be doing some Yoga, will have an egg dance party, and be finding the egg or bunny. Hope you have fun with these activities. Please remember to complete your Exit Ticket to let me know how you are doing and what you liked best. There will be an Easter theme scavenger hunt posted for Friday if you want to do that. Have a great week and see you next time.</p> <p>Easter Egg Hunt Warm up https://video.link/w/MZqhc Cosmic Kids Yoga Dance Party https://video.link/w/2arhc Find the Easter Egg https://video.link/w/jbrhc</p>
April 12-16, 2021		