






Welcome to your virtual Adapted Physical Education Class!

Here is how you can complete your lessons!

1. Click the  buttons to complete an activity.
1. Click the  button to complete an assignment.
1. Click on the arrow   buttons to move from one room to another.
1. Click the  button to return to your home screen.



Click on an image below to get started!



Meet
Mrs. McCoy!

CLICK HERE



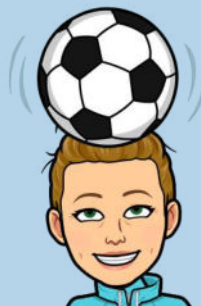
Contact
Mrs. McCoy
and view her
office hours!

CLICK HERE



View your
schedule

CLICK HERE



Things around
your house to use
as equipment

CLICK HERE

MONDAY

Skill Building



[CLICK HERE](#)

TUESDAY


Fitness



[CLICK HERE](#)

WEDNESDAY


Health



[CLICK HERE](#)

THURSDAY

Calming/Sensory



[CLICK HERE](#) [CLICK HERE](#)

FRIDAY

Dance



[CLICK HERE](#)



Skill Building



CLICK HERE

Fitness



CLICK HERE

Health



CLICK HERE

Calming/Sensory



CLICK HERE

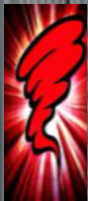
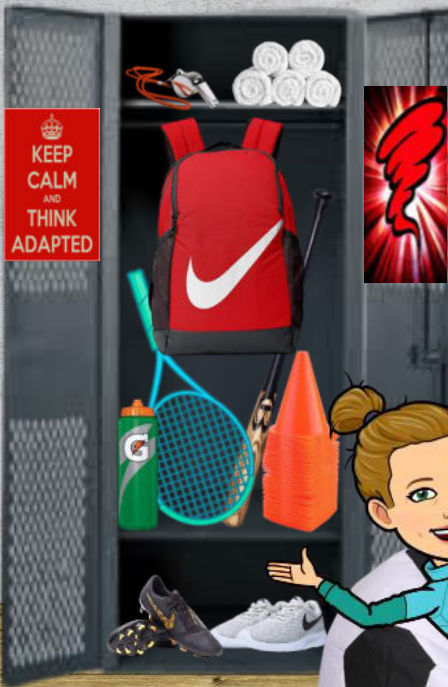
CLICK HERE

Dance

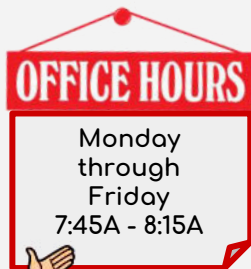


CLICK HERE





Welcome to Mrs. McCoy's Office!



Click on an icon to contact me!



Email



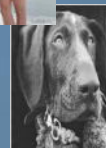
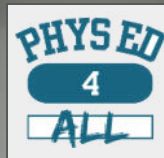
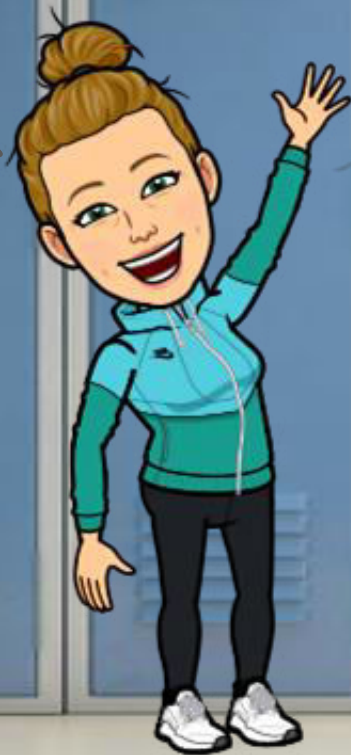
Call/Text



Online Meeting




Here are some things
in my locker to get to
know me!





Health





I can identify personal hygiene practices that prevent the spread of disease.

1. Click the  buttons to learn about germs and personal hygiene.
1. Click the  button to complete your assignment!



Health



CLICK HERE





CLICK HERE



CLICK HERE



I can identify personal hygiene practices.

1. Click the  buttons to learn about germs and personal hygiene.
1. Click the  button to complete your assignment!



CLICK HERE







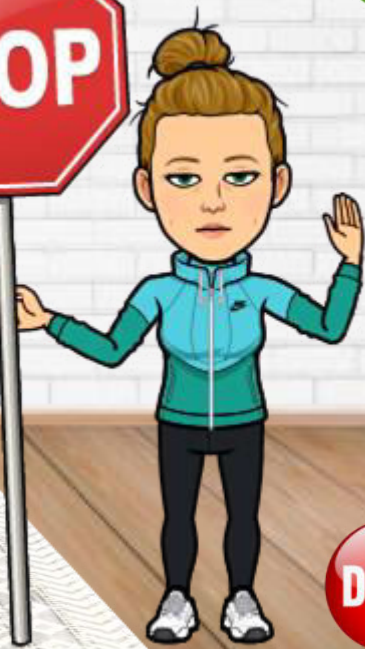


Health



I can identify unsafe situations and ways to safely react and respond.

1. Click the  buttons to learn about germs and personal hygiene.
1. Click the  button to complete your assignment!



DISCO



I can express myself through physical activity.

1. Click the dance!



button to go

NEXT

DISCO



1. Click on the
CLICK HERE
buttons to pick a
song to dance to!

2. Click on the DONE
button to complete
your assignment!

CLICK HERE

DONE

DONE



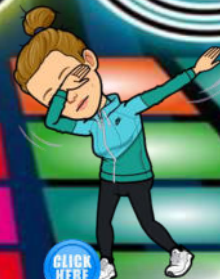
CLICK HERE



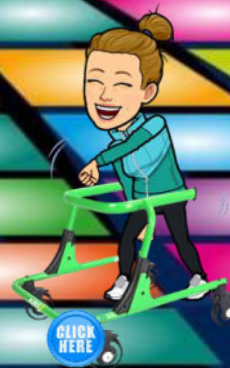
CLICK HERE



CLICK HERE



CLICK HERE



CLICK HERE



DISCO



1. Click on the
CLICK HERE
buttons to pick a
song to dance to!

2. Click on the DONE
button to complete
your assignment!

CLICK HERE

DONE

CLICK HERE

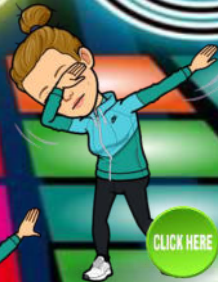
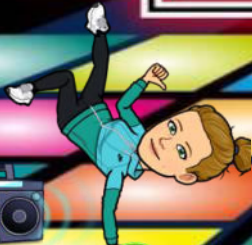
CLICK HERE

CLICK HERE

CLICK HERE

CLICK HERE

DONE





I can demonstrate basic movements or techniques used in stress-reducing activities.

1. Click the **CLICK HERE** buttons to complete your activities.
2. Click the **DONE** button to complete your assignment!

CLICK HERE

CLICK HERE

inhale
exhale

CLICK HERE

CLICK HERE

CLICK HERE

DONE





I can demonstrate basic movements or techniques used in stress-reducing activities.

1. Click the **CLICK HERE** buttons to complete your activities.
2. Click the **DONE** button to complete your assignment!

CLICK HERE

CLICK HERE

inhale
exhale

CLICK HERE

CLICK HERE

CLICK HERE

DONE



CLICK HERE

CLICK HERE

CLICK HERE

CLICK HERE

CLICK HERE

CLICK HERE

CLICK HERE



CLICK HERE

CLICK HERE

CLICK HERE



I can participate in calming activities.

1. Click the  buttons to complete your activities.
2. Click the  button to complete your assignment!

DONE

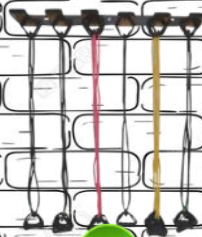
FITNESS CENTER

WAKE UP
EVERY
MORNING
AND TELL
YOURSELF
"I CAN DO
THIS!"



I can recognize types of strength, cardio and stretching exercises for fitness development.

1. Click the  buttons to complete your activities.
1. Click the  button to complete your assignment!

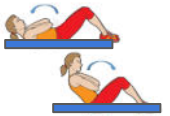


DONE



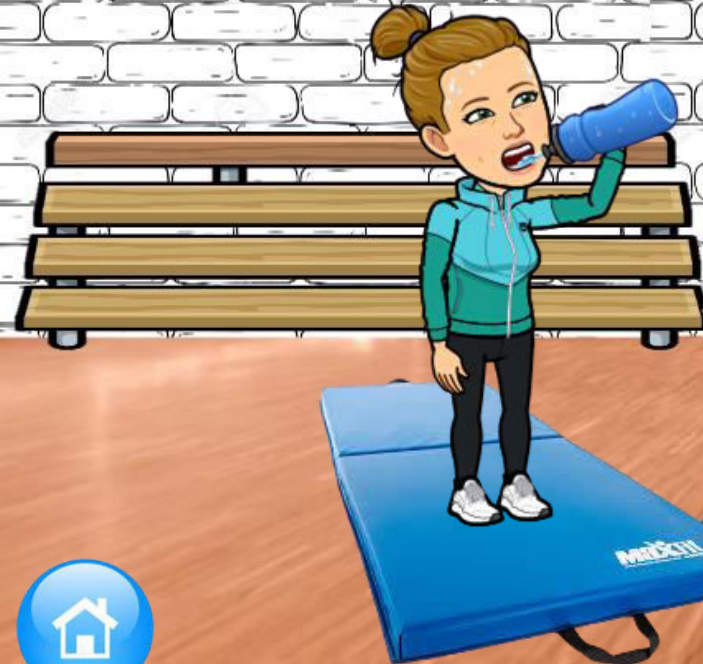


SIT-UPS FITNESS TEST

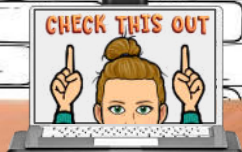
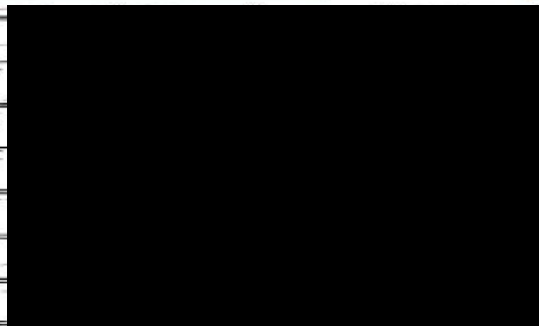




I can show improvement in fitness testing.

1. Click the  button to go to the



NEXT



1. Watch Mrs. McCoy's sit-up demonstration on the tv.
1. Click the  timer to time yourself for 1 minute. Count how many sit-ups you do! (You may ask for help to time yourself and keep count.
1. Click the  button to complete your assignment!
1. You can try as many times as you'd like to get your best score. Good luck!





PUSH-UPS FITNESS TEST



I can show improvement in fitness testing.

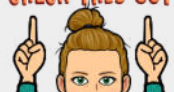
1. Click the  button to go to the



NEXT



CHECK THIS OUT



1. Watch Mrs. McCoy's push-up demonstration on the tv.



1. Click the timer to time yourself for 1 minute. Count how many sit-ups you do! (You may ask for help to time yourself and keep count.



1. Click the button to complete your assignment!

1. You can try as many times as you'd like to get your best score. Good luck!



DONE



CARDIO FITNESS TEST

I can show improvement in fitness testing.

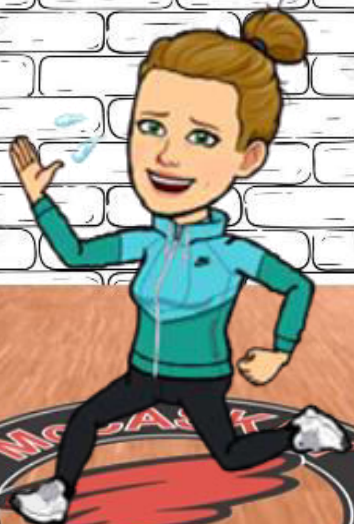
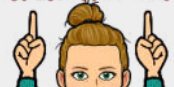
1. Click the  button to go to the next page.




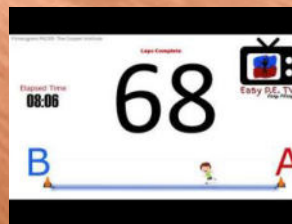
NEXT

PACER FITNESS TEST

CHECK THIS OUT



1. Watch Mrs. McCoy's explanation about the PACER Fitness Test.
1. Have an adult help you set up your orange cones in a safe place where you have enough room to move (inside or outside).
1. Click the PACER video when you're ready to start. Have an adult stop the video when you have missed two beeps and are done..
1. Click the **DONE** button to complete your assignment!
1. If you are doing a different Cardio Test, click the next  button.



NEXT


DONE



CARDIO O FITNESS TEST

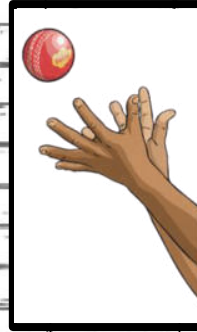
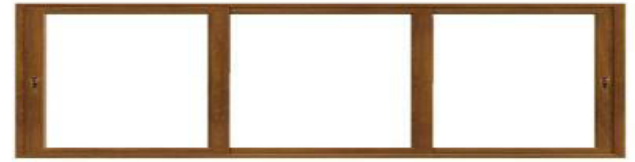
CHECK THIS OUT



1. Watch Mrs. McCoy's explanation about your Cardio Fitness Test.
1. Position yourself in a safe space and have an adult start your timer. You may use the video timer below.
1. Exercise for as long as you can until you need to stop. Once you stop, have an adult stop the timer. Remember your time for your assignment..
1. Click the  button to complete your assignment!



DONE



Tossing & Catching Challenges

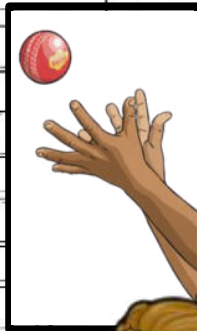
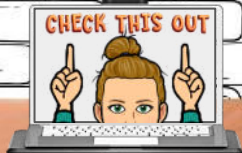
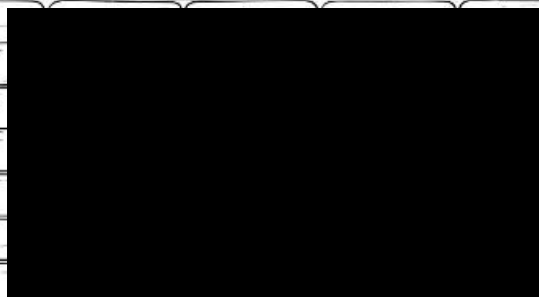



I can demonstrate competence in fundamental motor skills and selected combinations of skills.

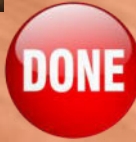
1. Click the  button to go to the next page.



NEXT



1. You will need the ball from your equipment bag. If you do not have a ball, you can use a pair of socks to make a sock ball. Watch the video below to help you make a sock ball.
1. Watch the video of Mrs. McCoy and complete your tossing and catching challenges.
1. Click the  button to complete your assignment!





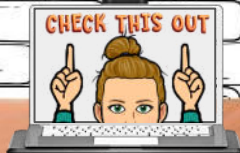
Resistance Band Workout




I can demonstrate competence in fundamental motor skills and selected combinations of skills.

1. Click the  button to go to the next page.





1. You will need the resistance band from your equipment bag. If you do not have a band, you can use a soup can, water ball or you don't need any equipment.
1. Watch the video of Mrs. McCoy and complete your resistance band workout.
1. Click the  button to complete your assignment!



DONE



Juggling Challenges



I can demonstrate competence in fundamental motor skills and selected combinations of skills.

1. Click the  button to go to the next page.






CHECK THIS OUT



Use 2 of any
of these items
to juggle!

1. You will need either two tissues, two dryer sheets, two paper towels/napkins, or two bandanas. If you have small scarves you could also use those!
1. Watch the video and complete your juggling challenges.
1. Click the  button to complete your assignment!





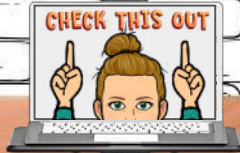
Ghostbusters Activity




I can demonstrate competence in fundamental motor skills and selected combinations of skills.

1. Click the  button to go to the next page.





1. You will need:
 - the balloon from your PE equipment bag, or a plastic grocery bag
 - the ball from your PE equipment bag, or you can use two socks to make a sock ball
 - the cone from your bag or a shoe
1. Watch the video and complete your Ghostbuster Activity..
1. Click the  button to complete your assignment!



DONE



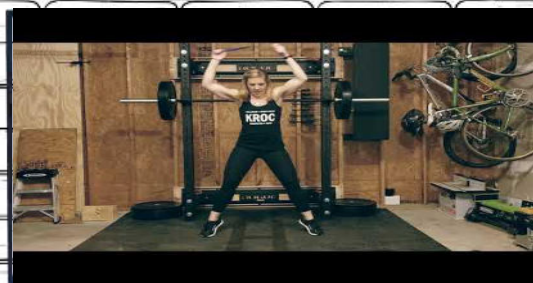
Cardio Drumming



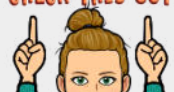
I can actively participate in PE.

1. Click the  button to go to the next page.







CHECK THIS OUT



1. You will need:
 - Safe space to move around in!
 - The plastic white sticks from your PE equipment bag or you can use two pencils or two kitchen spatulas (with permission!)



1. Watch the video and complete your Cardio Drumming workout. Try your best to do the whole workout!!
1. Click the  button to complete your  assignment!



DONE



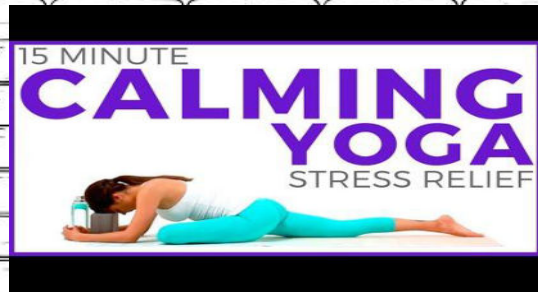
Yoga for Stress



I can demonstrate basic movements or techniques used in stress-reducing activities.

1. Click the  button to go to the next page.





1. You will need:
 - Safe space to be able to lay down and move around in.
 - You can lay on a blanket/towel if needed.
1. Watch the video and complete your Yoga for Stress workout.
1. Click the assignment!

DONE

CHECK THIS OUT



DONE



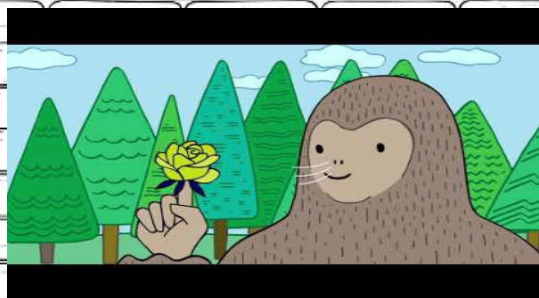
Breathing for Stress



I can demonstrate basic movements or techniques used in stress-reducing activities.


1. Click the  button to go to the next page.





CHECK THIS OUT



1. You will need:
 - A quiet place with no distractions (no TV, no phone, no one else around you, etc.)
 - You can sit on a blanket/towel if needed.
1. Watch the video and complete your Stress Relief Breathing workout.
1. Click the  button to complete your assignment!



DONE



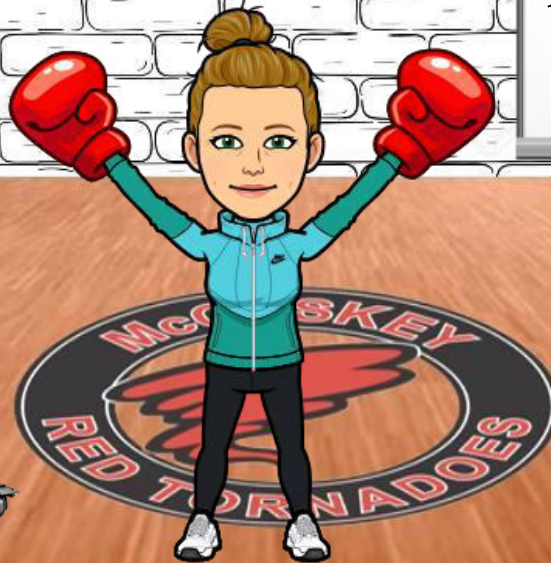
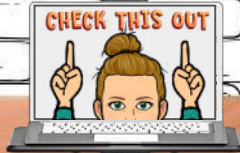
Boxing for Stress Relief




I can demonstrate basic movements or techniques used in stress-reducing activities.

1. Click the  button to go to the next page.

NEXT



1. You will need:
 - A safe space to workout in. You can do this workout sitting or standing.
1. Watch the video and complete your Seated HIIT Boxing workout.
1. Click the  button to complete your assignment!



DONE

