







HEALTH AND PE @



Health	Mindfulness	Learning a new skill																										
<ul style="list-style-type: none"> We Can! (National Heart, Lung and Blood Institute) My Plate Kids Place (USDA) Nutrition Education Games and Activities (Nourish Interactive) 	<ul style="list-style-type: none"> Action for healthy kids: Mindfulness Creative Spaces to Inspire (Action for Healthy Kids) Mindfulness and Yoga Programs and Videos (Alo Gives) Cosmic Kids Yoga Relaxation Activities at Home (Save the Children) 	<ul style="list-style-type: none"> How to do a cartwheel How to ride a bike 5 Easy Soccer Moves for kids Basic Jump Rope tricks 																										
Indoors	Outdoors	Hygiene and safe practices																										
<ul style="list-style-type: none"> Go Noodle for families Playworks At Home: Digital and Printable Resources (Playworks) KIDZ BOP (YouTube channel)  <div data-bbox="465 821 884 1364"> <p>Fit activity for kids what's your name!</p> <p><small>SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.</small></p> <table border="0"> <tr> <td>A jump up & down 10 times</td> <td>N pick up a ball without using your hands</td> </tr> <tr> <td>B spin around in a circle 5 times</td> <td>O walk backwards 50 steps and skip back</td> </tr> <tr> <td>C hop on one foot 5 times</td> <td>P walk sideways 20 steps and hop back</td> </tr> <tr> <td>D run to the nearest door and run back</td> <td>Q crawl like a crab for a count of 10</td> </tr> <tr> <td>E walk like a bear for a count of 5</td> <td>R walk like a bear for a count of 5</td> </tr> <tr> <td>F do 3 cartwheels</td> <td>S bend down and touch your toes 20 times</td> </tr> <tr> <td>G do 10 jumping jacks</td> <td>T pretend to pedal a bike with your hands for a count of 17</td> </tr> <tr> <td>H hop like a frog 8 times</td> <td>U roll a ball using only your head</td> </tr> <tr> <td>I balance on your left foot for a count of 10</td> <td>V flap your arms like a bird 25 times</td> </tr> <tr> <td>J balance on your right foot for a count of 10</td> <td>W pretend to ride a horse for a count of 15</td> </tr> <tr> <td>K march like a toy soldier for a count of 12</td> <td>X try and touch the clouds for a count of 15</td> </tr> <tr> <td>L pretend to jump rope for a count of 20</td> <td>Y walk on your knees for a count of 10</td> </tr> <tr> <td>M do 3 somersaults</td> <td>Z do 10 push-ups</td> </tr> </table> </div>	A jump up & down 10 times	N pick up a ball without using your hands	B spin around in a circle 5 times	O walk backwards 50 steps and skip back	C hop on one foot 5 times	P walk sideways 20 steps and hop back	D run to the nearest door and run back	Q crawl like a crab for a count of 10	E walk like a bear for a count of 5	R walk like a bear for a count of 5	F do 3 cartwheels	S bend down and touch your toes 20 times	G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17	H hop like a frog 8 times	U roll a ball using only your head	I balance on your left foot for a count of 10	V flap your arms like a bird 25 times	J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15	K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15	L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10	M do 3 somersaults	Z do 10 push-ups	<ul style="list-style-type: none"> Playworks Game Library (Playworks) Boot camp ideas >>> Top 20 outdoor games for your kids (Stuff NZ) <div data-bbox="1209 805 1512 1364"> <p>10 Minute Super Kid Workout!</p> <p>1:00 jumping jacks :30 side lunges :30 squats 1:00 jog in place :30 burpees :30 lunges 1:00 jump in place :30 mountain climbers 1:00 jump rope :30 speed skaters 1:00 butt kickers :30 lunge kicks :30 squats 1:00 march in place :30 side lunges :30 push-ups</p>  </div>	<ul style="list-style-type: none"> Washing your hand thoroughly Kitchen Safety Food Safety Tips Healthy Hygiene Habits at School 
A jump up & down 10 times	N pick up a ball without using your hands																											
B spin around in a circle 5 times	O walk backwards 50 steps and skip back																											
C hop on one foot 5 times	P walk sideways 20 steps and hop back																											
D run to the nearest door and run back	Q crawl like a crab for a count of 10																											
E walk like a bear for a count of 5	R walk like a bear for a count of 5																											
F do 3 cartwheels	S bend down and touch your toes 20 times																											
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17																											
H hop like a frog 8 times	U roll a ball using only your head																											
I balance on your left foot for a count of 10	V flap your arms like a bird 25 times																											
J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15																											
K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15																											
L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10																											
M do 3 somersaults	Z do 10 push-ups																											