

Kindergarten /Main Street Parents and Students:

In this informational sheet you will find many different options to keep your children up and moving during our two weeks off. I know this is not ideal for everyone and nothing beats having actual instructional time in P.E., however I am hoping these activities will get your children up and moving during these two weeks. You will find many different activities for you to be involved and playing with them as well. As your children will tell you we discuss in Coach Harkins P.E. class all the time I am a firm believer in being outside and playing in the great outdoors. I know this is all weather dependent so I have provided both indoor ideas and outside ideas. I have provided some exercise video links however I want to try and shy away from being dependent on technology for them to get up and moving. Please feel free to email me at harkinsg@shelbyville.k12.il.us with any questions. Stay Healthy

Coach Harkins

Outside Activities

Racquet Challenges

Equipment Needed- ball, racquet, target of some sort, bucket

This is what we were working on before this break. Students can use any racquet and ball to work on hand-eye-coordination with the racquet. Balancing the ball on the racquet for amount of time, bouncing the ball on racquet blank number of times in a row, bouncing the ball on racquet followed by balancing ball on racquet, basketball dribble, walking and balancing ball to a bucket to drop into, and target practice. We have worked on these and they should know all of them

Frisbee Golf

Equipment Needed – hula-hoop, Frisbee

The best part about Frisbee golf is it allows students to use their imagination and come up with any challenge they want to. Place hula-hoop somewhere for your hole. Determine a spot to start and record the number of times it takes to make Frisbee into hula-hoop. After hole is completed redesign a new whole with new challenges. You can play a nine whole course or eighteen. Lowest score after course is complete is winner.

Geocaching

Equipment Needed- anything you want to hide, homemade map

Geocaching is a great outside activity allowing students to work on making maps and exploring in nature. Make a treasure map of your surrounding area showing where all the different treasures are hidden and make each treasure worth a certain amount of points. You can add up number of points based on what treasures were found, or set up a time to see how many treasures can be found in that time frame.

Fort Challenge

Equipment Needed- anything that can be used to help make a fort (sticks, rope, tarp, IMAGINATION)

Build a fort to hang out in outside. Make challenges for their fort like will it survive a storm, is it rainproof, how long will it last.

Chalk Time

Equipment Needed- Chalk

Make an obstacle course out of chalk, a racetrack to race out of chalk, hopscotch, four square court

Outside Sports

Equipment Needed- Ball, bat, football, tee, soccer ball, basketball, etc.

Football- Punt, Pass, and Kick challenge measuring each skill and adding up how many feet they do all three

Basketball- PIG, Knockout, Around the World, Dribbling challenges

Baseball- Home run derby, pitching contest, playing catch

Soccer- Target challenge, passing skills, dribbling challenges

Tag Games

Equipment Needed- NONE

Hide and Go Seek, pac-man tag, Midnight tag, shadow tag, ameba tag (the students will know all those tag games)

Jump roping

Equipment Needed- Jump Rope

Hiking and Walking

Equipment Needed- NONE

This can be the easiest one just to get up and get moving. Getting some fresh air in our lungs can do the mind and body a lot of good!!!!

Inside Activities

America Ninja Warrior Course- Use your imagination with your course. Add different challenges like jumping, crawling, climbing.

Scavenger Hunt- Hide whatever you want throughout the house and make a map of all the different things you hid. Items can be point based when they find them, or how many items they can find in a set time.

Inside Bowling- Set up different targets to be knocked down by a SOFT ball. You can use your imagination to make it more challenging. Use the stairs to knock down something on another level, moving from room to room and using walls to bounce ball off, underneath tables, and obstacles.

Balloon Volleyball- Use a balloon and set up something to hit over (rope, chairs, etc.)

Video Links for Inside Exercise

<https://www.youtube.com/user/GoNoodleGames>