

Dear Eagle Bay Students and Parents,

My name is Coach Frodsham and I am your new PE Specialist. I can't wait to meet all of you! I hope you are well and adjusting to learning at home. I thought it might be fun to send out a few ideas for games and activities that will give you a break and help you stay strong and healthy during your time away from school. I am also sending out an exercise chart that you can keep track of the days you exercise. If you do at least 30 minutes of these activities (or your own activities) 3 times a week and mark them on your exercise chart, you can bring me your chart and sign your name on the Home PE Club chart when we all get back to school.

Activity/Game ideas:

4 Square
Pool Noodle Hockey
Pool Noodle Balloon Game
Gross Motor Bingo (attached)
Spell Your Name (attached)
Kids Yoga
Roll of the Dice Workout
Flip a coin workout (attached)
Bike Rodeo (on driveway with sidewalk chalk)
Running, skipping, jumping
Kickball
Trampoline games (crack the egg, add on)
Can Jam
Tick Tack Toe (with balls/hula hoops)
Basketball Games
Pickle Ball
Scooter Rides
Easter Games (Egg on a spoon race, hop like a bunny, egg scavenger hunt - run/skip/hop)
Freeze Dance
Simon Says
Hopscotch (sidewalk chalk)
Jump Rope

These are a few ideas for games/activities you can do that have 6 feet between family members and can get your body moving. If you have any questions or want to share some ideas of your own, please don't hesitate to email me! Stay safe and if you are going outside, always ask your parents for permission and help.

Stay Healthy!

Coach Frodsham

bfrodsham@dsdmail.net

what's your name?

workout for beginners

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A	10 jumping jacks	N	10 second jump rope
B	5 push-ups	O	10 russian twists
C	1 burpee	P	5 plie squats
D	20 high knees	Q	10 arm circles
E	5 crunches	R	10 skaters
F	10 mountain climbers	S	10 second jog in place
G	5 squats	T	10 butt kickers
H	10 front Lunges	U	5 inchworms
I	10 side Lunges	V	5 tricep dips
J	10 second wall sit	W	3 star jumps
K	5 calf raises	X	5 bird dogs
L	5 second plank	Y	10 Leg raises
M	3 squat jumps	Z	5 squat jacks

FLIP A COIN WORKOUT

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	:60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	:50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushup:
8th time	:60 jog in place	25 jumping jacks
9th time	50 crunches	20 sit-ups

Simon says...



- Bend your knees
- Bow
- Clap your hands
- Clap your knees
- Climb the stairs
- Close your eyes
- Cross your arms/legs
- Dance
- Freeze
- Give yourself a hug
- Hop on your left/right foot
- Jump
- Laugh
- Make a funny face
- Move forward/back one step
- Move like a robot
- Open your mouth
- Play the air- guitar
- Pretend to sit in a chair
- Put your hands on your hips
- Put your hands on your shoulders
- Put your hands on your stomach
- Put your thumbs up
- Raise your left/right arm
- Reach for the sky
- Roll your eyes
- Shake your body
- Shake your head
- Shake your left/right foot
- Sing a song
- Smile
- Snap your fingers
- Stamp your feet
- Stand on your left/right foot
- Stand on your toes
- Stick your tongue out
- Swim
- Touch your elbow
- Touch your mouth
- Touch your nose
- Touch your toes
- Turn around
- Walk on the spot
- Wave goodbye
- Wave with your left/right hand
- Wiggle your fingers

GROSS MOTOR

B I N G O

Skip	10 Second Plank	5 Karate Kicks	15 Toe Touches	5 Push Ups
5 Frog Jumps	10 Ski Jumps	10 High Knees	25 Jumping Jacks	10 Arm Circles
5 Tuck Jumps	10 Hops Left Foot	10 Giant Steps	10 Step Ups	20 Heel Raises
10 Wall Jumps	Walk on tip toes	Crab Walk	Run Fast 20 seconds	Your Choice!
10 Wall Jumps	Wheelbarrow Walk	10 Hops Right Foot	Walk on your heels	10 Star Jumps

F (Frequency)	I (Intensity)	T (Time)	T (Type)
10 Second Bosu Ball Balance 	10 Mountain Climbers 	5 Inch Worms 	10 Shoulder Taps 
V Sit-ups 	5 Push Ups 	15 Second Plank 	10 Squats 
5 Sit ups 	Crab Walk 	Flutter Kicks 	Balance for 10 Seconds 
Walking Lunges 	10 Arm Circles 	5 Long Jumps 	10 Jumping Jacks 



	Day 1	Day 2	Day 3	Extra
March 23-29				
March 30-April 5				
April 6-12				
April 13-19				
April 20-26				
April 27-May 1				