Neillsville Elementary Phy. Ed. Home School Activities

The most important part of getting activity for your children at home is to set time aside and stick to it ! You can great time charts or timers to let your child know that its time to MOVE !! Movement can be done inside or outside and can should be done several times a day to give them a healty break from studying or screen time. Any time you can elevate the heart rate for 15 + minutes will be beneficial for your child .

Below I will give you some ideas to incorporate into your childs “new” daily routine.

\* Create a Flip Book – Use index cards or post-it notes to put different activities on each card. Challenge your child to perform the activity for a set amount of time and then the next day they will draw a new card and have a new activity. Fresh and different every day! Some activities could be …kicking a ball for 20 min. or volley a tennis ball off the garage for 20 min.. Make the activities and equipment inventive ( ie. use rolled up socks for balls, packets for hot coca for bean bags, etc).

\* Household chores- Doing chores around the house can actually contribute to your child’s physical activity. Examples, raking, mop the floor, wash dishes by hand. Make it a game. The goal is to elevate the heart rate for a prolonged period of time.

\* Timed music work outs. Use Youtube to find workout videos to follow along. It is a fun way to get kids wok exercise. Change the work out video every few days or have you child make their own using their favorite exercises and videos.

\* Take a walk/run. Go with mom or dad on a walk/run around the block, the park, or the city. Make it a brisk walk and use the time to reconnect with your child !!

\*Keep a log of exercises performed. Keep the date, how long, what you did and even write down how you felt doing the activity. Find a log online or create your own, make it your own!

I will be updating through out the next few weeks different ideas and websites to help your child stay active !

Activity Website :

<https://www.verywellfit.com/step-by-step-cardio-exercises-for-home-workouts-1230827>

If you need any assistance contact me at [jkuhn@neillsville.k12.wi.us](mailto:jkuhn@neillsville.k12.wi.us)

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