

MONTH:		March/April				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		17	18 Obstacle course fun. Make and obstacle course out of materials found at home	19 Throwing and Catching. Knock down targets, play with a friend or throw up and catch with self	20 Fitness Friday Perform some of the fitness activities or find a video online to follow	21
22	23 Balloon fun Hitting a balloon up in the air or hit to a friend	24 Broom hockey Using a broom hit paper balls to a target or across a room	25 Rolling and bowling activities. Have some fun and knock down pins.	26 Obstacle course fun. Make and obstacle course out of materials found at home	27 Fitness Friday Perform some of the fitness activities or find a video online to follow	28
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19	20 Back to School	21	22	23	24	25

Activities and Ideas for at home Physical Education

Below is a list of ideas for keeping your child physical active at home. These activities can be done at any time or you can follow the calendar of activities if a schedule is needed. If at anytime you need a question answered or if you are unsure how to perform one of these skills with your child, please feel free to contact one of the physical education teachers.

Warm-up Activities: At the beginning of our APE classes all students perform a warm-up before group instructions begins. Attached is the step-by-step instructions for this routine that most of our students can perform with some independence. Feel free to utilize this everyday and even to start your day with this physical activity.

Movement Obstacle Course Ideas:

One of the favorite activities done in the Summit gym is the obstacle course unit. Students enjoy movement and the different obstacles they get to go through. These skills can easily be transferred over into the home with a few simple materials.

1. Blue painters' tape is a great tool to have that will not leave marks on floors and walls. Tape lines (straight line or zig-zag line) can be used to have students balance on by walking across a tape line. They can walk forward, backward, sideways, etc. Squares can be placed on the floor to jump from square to square. Tape can also be extended from one piece of furniture to another for hurdles to step/jump over or crawl under.
2. Broom/mop handle or a piece of wood – These can be used to sit on 2 chairs for students to step over or crawl under. You can place them at different levels to challenge students or directly on the floor for a visual to step over.
3. Blankets/Sheets – A makeshift tunnel for crawling under
4. Paper/paper plates - Paper plates on carpets can act as ice skates when stepped on. Students can shuffle across the room on paper plates.
5. Be creative! Many household items can be used. These are just some ideas.

Striking Activities:

1. Balloon Volleyball – students can hit a balloon up in the air.
 - a. Count how many hits they can do in a row before the balloon hits the floor
 - b. Hit back and forth to a partner
 - c. Makeshift net with furniture/blue tape or anything else to separate sides and hit the balloon over the “net”
2. Hockey/broom ball – with a household broom and crumpled up paper, students can push and hit the paper balls to a target/goal. A basket laying on its side or a taped off area can work as a goal.

Throwing/Catching:

Use objects from around the house to throw to self/partner:

- Rolled up socks
- paper towel or any light or easy to catch object to simulate scarves
- lightweight ball
- small stuffed animal
- crumpled up paper

1. Students can toss and catch to themselves from where they are standing (focus on up to the eyes, with lighter objects that they can toss over their heads)
2. Toss a ball up and catch or a lightweight towel and have students track it with their eyes and catch
3. Throw and catch to a partner (underhand throw: swing arm down by their leg/hip, overhead toss: students start with object by their ear and step with opposite foot and release).
4. Practice both underhand and overhand throwing
5. Can throw to a partner or to a target such as a hula hoop, laundry basket, taped area on the floor to focus on aim
6. Students can aim for a target/game like scenario
7. Set up an area such as a laundry basket or taped circle and have small objects such as rolled up paper around the room. Students have to overhand/underhand throw to the target trying to get all objects into the basket.
8. Can have colored paper rolled up and match to colored target (such as tape circle with matching color paper inside it) students can underhand toss each object from a few feet away to the matching color

Adaptations:

- Students can place objects into laundry baskets instead of throwing them but have the laundry baskets scattered around the room and placed at varying height levels
- Students can color sort by picking up objects and placing them in the correct color circle by walking over and dropping them in

Rolling/Bowling:

- Can use a small ball, canned goods, any homemade objects that roll.
 1. Students can sit on the floor and push the ball to the wall or to a partner
 2. Students can stand up and bend over and roll the ball between their legs to the wall or partner
 3. Make your own bowling pins/targets at home. (Find empty water bottles or pop bottles and can leave them empty for lightweight objects or fill with water - can also be creative and add glitter and water/oil to make them more appealing). Shoe boxes can also be used as targets.
 4. Have students roll the ball towards the pins/water bottles to knock them down. They can take two turns and then set the bottles/pins back up and play again (blue tape can be used to mark the spots for pin set-up)
 5. Count how many they knocked over; can they get a strike or a Spare?

Adaptations: Students can sit and push the ball towards the pins targets, use a piece of wood and prop up on a chair so students can push the ball and have it roll down towards the target, move students closer to the target so they are successful, Wii bowling

Fitness/Exercise:

1. Mountain Climbers – Get into a push-up position and then alternate bringing your knee to your elbow.
2. Bear Crawls – Palms and feet flat on the floor, arch your back so that you look like a bear. Race your kids across the room. Add some fun by having a competition!
3. Star Jumps – Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large “X” in the air.

4. Leg Raises – Lay on your side or on your back and lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals but be careful to not let your lower back arch.
5. Lunges – Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes.
6. Line Jumps – Put a piece of tape on the ground and jump forward off 2 feet and land on 2 feet over the line. Keep going for 10x or 30 seconds without stopping. Can also do this jumping side to side.
7. Planks - Elbows on the floor and balanced on your tiptoes, go eye-to-eye and see who can last the longest. 30 seconds is considered the gold standard.

Fitness websites to checkout:

<https://www.fitnessblender.com/videos/fitness-blender-kids-workout-25-minute-fun-workout-for-kids-at-home>

<https://www.brit.co/kid-friendly-home-workouts/>

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

Outdoor Play: If the weather is nice, please take advantage of it and go outside. We do not need to stay inside for this time, however social boundaries should still be implemented.

1. Walking- long distance at least 1 mile around the neighborhood
2. Scavenger hunt- can you find all the items outside? -see attachment example
3. Kan jam/picnic games
4. Hide and seek
5. Go to the local playground/park to play!
6. Easter egg hunt
7. 4 corners- number each corner of your backyard and as the teacher cover eyes and count to 10. Pick a corner. If student is in that corner, they must complete a fitness exercise of your choice. Ex. 10 jumping jacks

Websites for more activities to keep kids moving:

www.gonoodle.com

www.activeforlife.com

www.mommypoppins.com

YouTube also has a lot of student-based videos to follow as well.

Contact APE teachers with any questions:

Patti Parobek – pparobek@thesummitcenter.org

Vinny CuvIELlo – vcuviello@thesummitcenter.org

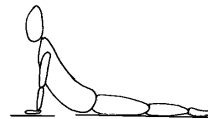
Kate Hensler – khensler@thesummitcenter.org

Warm-Up Routine

1. **Sitting Toe Touches:** Sit with feet together and legs straight in front and touch toes (hold 10 sec.) and shake legs (Repeat 3X)



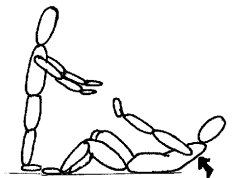
2. **Press-Up/Push-Up Hold:** Students lay on their stomach and when directed, they will press up to either a full push-up position or will just lift the upper body off of the ground holding it for 10 second. Repeat 2 more times.



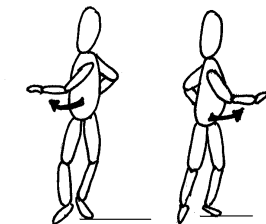
3. **Bridges:** Students lay on their back with knees bent and feet flat on the ground. When told, they will lift their bottoms off of the ground and hold this position for 10 seconds. Repeat 2 more times.



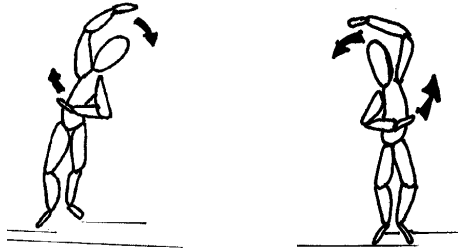
4. **Curl-Up:** Students will perform 10 curl-ups. Some students need assistance by holding their feet down and holding hands to pull up to their knees. Students will progress to the next step by using only one of the instructor's hands and high-five the other. Then the student will give a high-ten to the instructor's hands placed just above the bent knees. Finally the independent curl-up.



5. **Twists and Side to Side:** Younger Students sit cross legged (Older students stand with feet shoulder width apart) Elbows up and twist torso and upper body from left to right.(do about 10 twists).



6. Then Arms out like an airplane and reach from side to side (Stretch sides out by reaching one hand to your knee and the other to the sky and switch back and forth).



7. Standing Toe Touches: Feet together and knees straight, have students reach for their toes while keeping their knees straight (hold for 10 seconds) then reach for the sky and go on tip-toes (repeat 2-3X)



8. Aerobic Warm-Up – one of the following can be done

- a. Run or march in place
- b. Jumps or jumping jacks

Scavenger Hunt- Neighborhood Search

Can you find all 20?

 <p>stop sign</p>	 <p>bird</p>	 <p>fence</p>	 <p>house with garage</p>
 <p>flowers</p>	 <p>mailbox</p>	 <p>red car</p>	 <p>ball</p>
 <p>basketball hoop</p>	 <p>dog</p>	 <p>oval rock</p>	 <p>bicycle</p>
 <p>white house</p>	 <p>stick that looks like a letter 'y'</p>	 <p>brown door</p>	 <p>trash can</p>
 <p>fallen leaf</p>	 <p>insect</p>	 <p>fire hydrant</p>	 <p>swing set</p>