



PE @ Home



Check out our links. Send us an email, take OUR [SURVEY](#), or add a comment to the [Enhancement Wall](#).

Virtual Field Day May 8th!

<p><u>Fitness and Games</u></p> <p>Cap'n Pete's Home Activity Packet</p> <p>Flip a Coin Fitness</p> <p>Deck of Cards Fitness</p> <p>1 minute Fitness Challenge</p> <p>3-5 Fitness Task Cards</p> <p>ABC Fitness Bingo</p> <p>Take Home Learning Packet</p> <p>Jump Rope Games</p> <p>Monster in the River, A Story Game to Play</p> <p>Fitnessland Board Game</p> <p>K's Shape Game</p> <p>K-2 Fortune Teller Activity</p> <p>Race to 100</p> <p>K-1 Missing Letter Fitness</p> <p>Family Fitness Uno</p> <p><u>CALENDARS</u></p> <p>May Health Moves Minds Calendar</p> <p>2 Week Fitness Log</p> <p>NEW! Sidewalk Chalk Obstacle Courses</p> <p>New Outdoor Scavenger Hunt</p> <p>New Indoor Scavenger Hunt</p>	<p><u>Yoga and Mindfulness</u></p> <p>K-2</p> <p>Super Scooper Yoga</p> <p>Rainbow Breathing</p> <p>Melting</p> <p>Find Peace</p> <p>Victorious</p> <p>3-5</p> <p>Strengthen Your Focus</p> <p>Manage Your Frustration</p> <p>Build Patience</p>	<p><u>Would You Rather Fitness</u></p> <p>*Superhero Choice</p> <p>*Roblox Version 4</p> <p>*Justice League Choice</p> <p>*You Choose: Fitness Playlist</p> <p>Mr. Catman</p> <p>Pat and Rub</p> <p>I to the L</p> <p>Shoulder Rock and Roll</p>
<p><u>Video Links</u></p> <p>Netflix- TONS and TONS of resources- no subscription needed</p> <p>Basic Jump Roping</p> <p>Jump Rope Partner #1 Video</p> <p>Jump Rope Partner #2 Video</p> <p>Jump Rope Partner #3 Video</p> <p>Jump Rope Partner #4 Video</p> <p>Soccer Skills</p> <p>Advanced Basketball Skills</p> <p>Cup Stacking</p> <p>How To Throw Overhand</p>	<p><u>Office Hours</u></p> <p>Hours-</p> <p>Email- lqueen@iss.k12.nc.us</p> <p>charlotte_hickam@iss.k12.nc.us</p> <p>We will get back to you as soon as we can!</p> <p>Take Survey Here!</p> <p>Leave us a note or video on our Enhancement Wall!</p>	<p><u>Dance</u></p> <p>Favorites</p> <p>Mario Brothers</p> <p>Who Let the Dogs Out</p> <p>Small Foot</p> <p>Can't Stop the Feeling</p> <p>Jumping Jack Song</p> <p>Whip and Nae Nae</p> <p>I'm Going to Catch You</p> <p>The Sid Shuffle</p> <p><u>More Dance</u></p> <p>Banana Banana Meatball</p> <p>Twist and Shout</p> <p><u>Lots of resources!</u></p> <p>Fuel Up to Play 60 Take Home Activities</p> <p>NEW! Tennis At Home</p> <p>NEW! At Home Challenges</p>

FitnessGram Exercises

- [FitnessGram Tests & How-To's](#)
- [Push up Test Tips](#)
- [Pacer Test Cadence](#)
- [Push up Cadence](#)
- [Curl Up Cadence](#)

Downloadable Fitness Apps

- Sworkit Kids
- NFL Play 60
- 7 minute workout for kids
- Habitz
- Go Noodle

Live and On Demand Classes

[Mindfulness](#)

[PE with Joe - Daily starting at 9am-
all classes recored](#)

[NEW! BeachBody for Kids Workouts
FREE](#)