

Distance Learning For Elementary Physical Education

Weekly Physical Activity Log: This log can consist of physical activity inside or outside of the house and should consist of **100 minutes per week**.

Some examples: Outdoor activities if available, indoor exercise, stretching, walking in place or up stairs, video games that use exercise and movement, apps or websites that use exercise or movement, dancing, or create your own.

Resources

Websites and Apps:

-Sworkit

<https://app.sworkit.com/collections/kids-workouts>

-GoNoodle

www.gonoodle.com/for-families/

-Online Physical Education Networks

<https://openphysed.org/activeschools/activehome>

