

# Madera Unified School District - Physical Education (PE) at Home

(CA St. 3)

Name \_\_\_\_\_ Teacher/Grade/Class \_\_\_\_\_

Daily Goal for Elementary Student Physical Activity at Home: 30 - 60 minutes each day

Please complete the chart after your child completes their activities each day.

Encourage your child to return this sheet to their PE teacher upon returning to school so their commitment to daily physical activity can be celebrated.

\*It is recommended that all students have 60 minutes of moderate-vigorous physical activity each day.

\*Any physical activity that raises the heart rate is considered moderate-vigorous.

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**Sample Activities-** You can do a combination of activities to achieve the total minutes!

Tag Games	Dancing	Cartwheels	T-Ball
Playing Catch	Swimming	Flying a Kite	Running
Jumping Rope	Walking the Dog	Soccer	Skating
Riding Bike	Playing Hopscotch	Kickball	Baseball
Skateboarding	Four Square	Yard Work	Exercises
Playing Basketball	Badminton	Trampoline	Volleyball
Bowling	Walking	Scooters	Pickleball
Weightlifting	Push-ups	Sit-ups	Housework

## **Online Activity Resources:**

[Cosmic Kids Yoga](https://www.youtube.com/user/CosmicKidsYoga) - <https://www.youtube.com/user/CosmicKidsYoga>

[GoNoodle Videos](https://www.gonoodle.com/) - <https://www.gonoodle.com/>

[Fitness YouTube Videos](https://www.youtube.com/user/Glennhigginsfitness/videos) - <https://www.youtube.com/user/Glennhigginsfitness/videos>

[Kids Workout-Beginners](https://www.youtube.com/watch?v=L_A_HjHZxfI&disable_polymer=true) - [https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI&disable\\_polymer=true](https://www.youtube.com/watch?v=L_A_HjHZxfI&disable_polymer=true)

[Kids Daily Exercise](https://www.youtube.com/watch?v=T8jI4RnHHf0) - <https://www.youtube.com/watch?v=T8jI4RnHHf0>

[Burn Fat at Home \(KIDS\)](https://www.youtube.com/watch?v=yjnfIzLRiE) - <https://www.youtube.com/watch?v=yjnfIzLRiE>

[Kids HIIT Workout](https://www.youtube.com/watch?v=lc1Ag9m7XQo) - <https://www.youtube.com/watch?v=lc1Ag9m7XQo>

\*Additional online resources are listed on the MUSD PE Website: <https://www.madera.k12.ca.us/Page/13469>

