



# P.S. 46Q Physical Education at Home



The Physical Education team (Coach R & Coach S) has put together an exercise guide with various resources to help you stay physically active and healthy while our schools are closed. To meet Physical Education goals during this time students must be physically active for 60 minutes each day. Please use this physical activity sheet to log minutes performed from each section and total minutes for the day!

Day	Activity 1	Activity 2	Activity 3	Activity 4	Total Minutes	Parent Signature
	Morning Yoga  <b>Flexibility</b>	Just Dance or GoNoodle  <b>Cardiorespiratory Endurance</b>	Be Active Outside  <b>Cardiorespiratory Endurance</b>	Fitness Channels Student Choice (See below)  <b>Muscular Strength/Endurance</b>		
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday</b>						

See next page for instructions

# Home Fitness Guide

All videos are appropriate for all ages.

**ACTIVITY 1: Morning Yoga you can choose between Yoga with Adriene or Cosmic kids on Youtube.**

- Cosmic Kids: <https://www.youtube.com/user/CosmicKidsYoga>
- Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>

**ACTIVITY 2: Just Dance can be done on Youtube or through a video gaming system.**

- GoNoodle.com – Please register for a FREE account.

**ACTIVITY 3: Tabata Fitness: Pick 1 video and follow along!**

- Glenn Higgins Fitness: <https://www.youtube.com/user/Glennhigginsfitness>
- What is Tabata Fitness: is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds to regain strength and energy.

**ACTIVITY 3: Popsugar Fitness: Various 20-30 minute exercises to follow. Pick 1 video and follow along! 😊**

- PopSugar Fitness: <https://www.youtube.com/user/popsugartvfit>

