# Physical Education

## Physical Education One-Pager Overview

In this one-pager you will find a brief list of at-home exercise equipment that caregivers and students can use during this difficult time. You will also see a list of what caregivers and students can do to be successful in Physical Education class as we have school remotely. Lastly, there is a list of what students **CAN** and **CANNOT** do during this extended period of time due to the safety rules of quarantine and social distancing.

## Useful At-Home Workout Materials

- Yoga mat
- Medicine Balls
- Weight Dumbbells
- Resistance Band
- Jump Rope

## How students will be successful in Physical Education

Students will be successful if:

- They find 25-45 minutes a day to do some physical activity at home or outside (preferably 6 feet away from another person or solo).
- They eat as healthy as possible drink plenty of fluids (mainly water) throughout the day to stay hydrated and energized to exercise.

## How caregivers can help students be successful

Caregivers can help students be successful by:

- Check in with students to make hold them accountable by asking what exercises they performed that day.
- Exercising with the students to add an accountability partner and add motivation!

## What Students CAN do during this time:

- Exercise at home with family members under quarantine.

## What Students CANNOT do during this time:

- Go out in social areas and exercise with groups of people due to the quarantine.
- Go to local gyms or parks because they are closed due to the quarantine.
| Exercise outside, at least 6 feet away from someone who is not in the same quarantine as them. | Gather in groups of 10 or more to exercise. |