



Jordan Carrethers
(615)310-7647
jcarrethers@kippnashville.org
Office Hours: 10:00 a.m. to 2:00 p.m.
Google Classroom Code: mnko5g5

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 | How caregivers can help students be successful |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Students will be successful if:</p> <ul style="list-style-type: none"> • 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. | <p>Caregivers can help students be successful by:</p> <ul style="list-style-type: none"> • 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! |
| <p>What Students CAN do during this time:</p> <ul style="list-style-type: none"> • Exercise at home with family members under quarantine. | <p>What Students CANNOT do during this time:</p> <ul style="list-style-type: none"> • 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. |



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- 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.