



I am missing my Dolphin family like cRaZy! Since we will not be at the Earlywine gym for P.E. for a while, I wanted to send you some fun resources that will help keep you healthy and active. I hope you can use all that we've learned in P.E. this year to incorporate exercise into your daily routine. If the weather is nice, try to spend time outdoors practicing locomotor skills (like our cards/4 Corner Fitness) (walk, run, gallop, skip, hop, jump, leap, slide, grapevine/karaoke) and playing! My colleagues and I have compiled some daily workouts for you to try out and also linked up a ton of resources and activities that you can check out if you get bored or need a fun activity to do.

Feel free to contact me at [kalynputt@mooreschools.com](mailto:kalynputt@mooreschools.com) if you're looking for more resources, and please share the activities that you're doing with me!!! Other than the daily workout and skill review options provided in this packet, you can find lots of additional ideas below:

# P.E. @ HOME

Category	Description	Link	Grade
<b>SKILL REVIEW</b>	<p><a href="https://www.thepecialist.com">https://www.thepecialist.com</a></p> <p>Jump Rope- If you have a jump rope, you can review these single jump tricks.</p> <p>Skill Breakdown Videos- Multiple jump rope skills with QR Code links for visuals.</p>	<p><a href="https://www.youtube.com/watch?v=wK8XUaAfmSs&amp;feature=youtu.be&amp;t=37">https://www.youtube.com/watch?v=wK8XUaAfmSs&amp;feature=youtu.be&amp;t=37</a></p> <p><a href="https://docs.google.com/document/d/1Q76dtTfB5IjVPb360lu8FeIG4nS-rKr0CwVZcvVINGI/edit">https://docs.google.com/document/d/1Q76dtTfB5IjVPb360lu8FeIG4nS-rKr0CwVZcvVINGI/edit</a></p> <p><a href="https://docs.google.com/presentation/d/1gtw-2UzST2mcrNUQfJqB1cebAhu-D-Z1y9Z0QQ75p8/edit#slide=id.p5">https://docs.google.com/presentation/d/1gtw-2UzST2mcrNUQfJqB1cebAhu-D-Z1y9Z0QQ75p8/edit#slide=id.p5</a></p>	K-6 <sup>th</sup>

*Pdf Created By: Shane Williams (Red Oak Elementary)*

*Resources Compiled By: Ben Landers, Shane Williams, + Kendra Miligan (Kelley Elementary)*

	<p>If you have a sibling or family member you could even try out some of these tricks:</p>	<a href="https://www.youtube.com/watch?v=K-Y53t14BC4&amp;feature=youtu.be&amp;t=84">https://www.youtube.com/watch?v=K-Y53t14BC4&amp;feature=youtu.be&amp;t=84</a>	
	<p>Throwing &amp; Catching- If you have space in your yard and it's safe to go outside, try to practice throwing and catching with a family member with a ball or a frisbee.</p> <ul style="list-style-type: none"> <li>• Underhand Throwing</li> <li>• Overhand Throwing</li> <li>• How to throw a frisbee</li> </ul>	<a href="https://www.youtube.com/watch?v=-4O1vpM0ZI&amp;feature=youtu.be">https://www.youtube.com/watch?v=-4O1vpM0ZI&amp;feature=youtu.be</a>  <a href="https://www.youtube.com/watch?v=vdAbRz62tCQ&amp;feature=youtu.be">https://www.youtube.com/watch?v=vdAbRz62tCQ&amp;feature=youtu.be</a>  <a href="https://www.youtube.com/watch?v=DlgbdXAqppM&amp;feature=youtu.be">https://www.youtube.com/watch?v=DlgbdXAqppM&amp;feature=youtu.be</a>	<p>K-1<sup>st</sup></p> <p>2-6<sup>th</sup></p> <p>K-6<sup>th</sup></p>
	<p>Striking a Balloon- This is a great activity for K-2<sup>nd</sup></p> <ul style="list-style-type: none"> <li>• Blow up a balloon and practice striking it with different items in your house (or different body parts)</li> <li>• What is the hardest item or body part to control the balloon with? What's your record for the most number of hits without moving your feet</li> </ul>	<a href="https://www.youtube.com/watch?v=k-S1w0xxWXI&amp;feature=youtu.be">https://www.youtube.com/watch?v=k-S1w0xxWXI&amp;feature=youtu.be</a>	<p>K-2<sup>nd</sup></p>
	<p>Basketball-</p> <ul style="list-style-type: none"> <li>• Ball Handling Tutorial</li> </ul> <p>Basketball-</p> <ul style="list-style-type: none"> <li>• Drill Follow Along</li> </ul>	<a href="https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9</a>  <a href="https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9</a>	

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# DAILY WORK-OUTS

## beginner circuit

WORKOUT by DAREBEE  
© darebee.com  
Level I 3 sets  
Level II 5 sets  
Level III 7 sets  
2 minutes rest



12 jumping jacks



6 squats



6 calf raises



12 raised arm circles



6 shoulder taps



6 plank rotations

Additional Workouts can be found here:

<https://darebee.com/workouts.html>

<https://darebee.com/workouts/beginner-circuit-workout.html>

<https://darebee.com/workouts/quick-hiit-workout.html>

### DAILY WORKOUT

Stay safe, have fun, and be active!

*Kinder - 2 times*

*1st Grade - 3 times*

*2nd Grade - 4 times*

*3rd Grade - 5 times*

*4th Grade - 6 times*

*5th + 6th Grade - 7 times*

*K-6<sup>th</sup>*

# FOLLOW ALONG WORK-OUTS

- Fitness Blender Workout- Targeted workouts for older kids/adults.

- Fun super hero themed workouts for the littles! "Glenn Higgins Fitness"

<https://www.youtube.com/user/Glennhigginsfitness/videos>

<https://www.youtube.com/channel/UCiP6wDtYIYLh3agzbByWQ>

<https://www.youtube.com/watch?v=MU7StZxAwJQ> (Dark Knight)

<https://www.youtube.com/watch?v=gcTboKYtKxk> (Spider Man)

<https://www.youtube.com/watch?v=Zm9qhyh4TJk> (Captain America)

<https://www.youtube.com/watch?v=9SDWArXm4mA&t=196s> (Black Panther)

<https://www.youtube.com/watch?v=jyWyBern6q4&t=171s>

*4-6<sup>th</sup>*

*K-3<sup>rd</sup>*

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	<p>(Avengers)</p> <p><a href="https://www.youtube.com/watch?v=3h9am97W4Rc&amp;t=107s">https://www.youtube.com/watch?v=3h9am97W4Rc&amp;t=107s</a> (Star Wars)</p> <p><a href="https://www.youtube.com/watch?v=udK_PRSeVPI&amp;t=60s">https://www.youtube.com/watch?v=udK_PRSeVPI&amp;t=60s</a> (Iron Man)</p> <p><b>Bop It</b>- very similar to the bop it hand held game. This one is a <b>lot of fun!</b></p> <p>Cap'n Pete Workout Cards.</p> <p>Would You Rather- <u>Mike Ginicola Workouts</u> There are 4 versions on his channel plus more fun fitness videos (Avengers and more!)</p>	<p><a href="https://www.youtube.com/watch?v=38HLwLY5qFg">https://www.youtube.com/watch?v=38HLwLY5qFg</a></p> <p><a href="https://drive.google.com/file/d/1mpzslRuPP7olraaatBMOuzOTYm8S2QM/view">https://drive.google.com/file/d/1mpzslRuPP7olraaatBMOuzOTYm8S2QM/view</a></p> <p><a href="https://www.youtube.com/watch?v=G3y5rmgHBgs&amp;feature=youtu.be">https://www.youtube.com/watch?v=G3y5rmgHBgs&amp;feature=youtu.be</a></p>	<p>K-3<sup>rd</sup></p> <p>K-4<sup>th</sup></p> <p>K-6<sup>th</sup></p>
<p><b>APPS/ FREE PROGRAMS</b></p>	<p>Sign up for Sworkit- and use them for follow along workouts.</p> <ul style="list-style-type: none"> <li>• They have a free kids workouts for anyone to use after signing up and they are even customizable and have student examples for all of the follow along workouts, just click on the “Kids Workouts” section after logging in!</li> </ul> <p>Fluency &amp; Fitness (Free for 3 weeks)</p> <ul style="list-style-type: none"> <li>• This is great for working on reading and math concepts while</li> </ul>	<p><a href="https://sworkit.com/youth-initiative">https://sworkit.com/youth-initiative</a></p> <p><a href="https://fluencyandfitness.com/">https://fluencyandfitness.com/</a></p>	<p>K-6<sup>th</sup></p>

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	<p>incorporating movement.</p> <p>SPARKhome-(3 weeks of materials)</p> <ul style="list-style-type: none"> <li>This is available via SPARKEcademy (free access with account) Provides free K-12 lesson plans for home!</li> </ul> <p>Gopher Sport</p> <ul style="list-style-type: none"> <li>Working on creating active @ home activity cards this week. More to come soon!</li> </ul>	<p><a href="https://blog.sparkpe.org/blog/sparkhome/">https://blog.sparkpe.org/blog/sparkhome/</a></p> <p><a href="https://www.gophersport.com/blog/at-home-learning-resources/">https://www.gophersport.com/blog/at-home-learning-resources/</a></p>	<p>K-12</p>
<p><b>DANCE</b></p>	<p>Pick your favorite Just Dance video and bust a move!</p> <p><i>Follow Along Dances</i></p> <ul style="list-style-type: none"> <li>GoNoodle (this is one of the most well known resources. It's wonderful for staying active in general: Follow along, exercises, &amp; dances.</li> <li>Sonic</li> <li>Trolls</li> </ul>	<p><a href="https://www.youtube.com/watch?v=_g4CYKBN9L0&amp;t=18s">https://www.youtube.com/watch?v=_g4CYKBN9L0&amp;t=18s</a> (Old Town Road)</p> <p><a href="https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q/videos">https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q/videos</a></p> <p><a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a></p> <p><a href="https://www.youtube.com/watch?v=aZru-M3TUII">https://www.youtube.com/watch?v=aZru-M3TUII</a></p>	<p>K-4th</p> <p>K-3rd</p>

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	<p style="text-align: center;"><i>Line Dances</i></p> <ul style="list-style-type: none"> <li>• Cupid Shuffle</li> <li>• Sid Shuffle</li> <li>• Space Jam</li> </ul>	<p><a href="https://www.youtube.com/watch?v=KhfkYzUwYFk">https://www.youtube.com/watch?v=KhfkYzUwYFk</a></p> <p><a href="https://www.youtube.com/watch?v=5_srg-18Fz0&amp;feature=youtu.be">https://www.youtube.com/watch?v=5_srg-18Fz0&amp;feature=youtu.be</a></p> <p><a href="https://www.youtube.com/watch?v=uMujxd2Gpxo">https://www.youtube.com/watch?v=uMujxd2Gpxo</a></p> <p><a href="https://www.youtube.com/watch?v=z0evAuWFIPs&amp;feature=youtu.be">https://www.youtube.com/watch?v=z0evAuWFIPs&amp;feature=youtu.be</a></p>	
<b>YOGA</b>	<p>Cosmic Kids Yoga- Many themed videos like Trolls, Frozen, etc.!</p> <p>Yoga for Kids!</p> <p>Yoga for the family</p>	<p><a href="https://www.youtube.com/user/CosmicKidsYoga?app=desktop">https://www.youtube.com/user/CosmicKidsYoga?app=desktop</a></p> <p><a href="https://www.youtube.com/watch?v=X655B4ISakg">https://www.youtube.com/watch?v=X655B4ISakg</a></p> <p><a href="https://www.youtube.com/watch?v=aJzj_b7G7i8&amp;feature=youtu.be">https://www.youtube.com/watch?v=aJzj_b7G7i8&amp;feature=youtu.be</a></p>	<p>K-3<sup>rd</sup></p> <p>K-6<sup>th</sup></p>
<b>GAMES &amp; ACTIVITIES</b>	<p>Uno Fitness- if you happen to have a deck of Uno cards, this is a fun activity to do with a few or the whole family. All numbers and colors coincide with an exercise.</p> <p>Dice Fitness- Roll the dice and perform corresponding workout!</p> <p>Balance Dice- Print and build the fitness dice and roll for a great workout.</p>	<p><a href="https://drive.google.com/file/d/1G1XUiwXlkcd7e7vIQFANljfj-L2NOC4A/view">https://drive.google.com/file/d/1G1XUiwXlkcd7e7vIQFANljfj-L2NOC4A/view</a></p> <p><a href="https://drive.google.com/file/d/146VgU_OpR12xx47V3b9MhvOOKmWXdtZN/view">https://drive.google.com/file/d/146VgU_OpR12xx47V3b9MhvOOKmWXdtZN/view</a></p> <p><a href="https://drive.google.com/file/d/14i6gMTKUO9-UqKkvKi7hukthlrO2khEh/view">https://drive.google.com/file/d/14i6gMTKUO9-UqKkvKi7hukthlrO2khEh/view</a></p>	<p>K-6<sup>th</sup></p>

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	<p>Card &amp; Dice Activities</p> <p>Fitness Bingo- Thanks Mrs. Montana for this fun twist on bingo!</p> <p>Alphabet Fitness Bingo</p> <p>Create Your Own Workout, credit to Kevin Tiller!</p> <p>Fitness Board Game- By Heather Isler</p> <p>Jump Rope Monopoly</p> <p>Backyard Obstacle Course- from keepingkidsinmotion.com</p> <p><b>Fun</b> Basketball Challenges</p>	<p><a href="https://ba0b1d0e-6a7e-4525-b0a9-56d16917011c.filesusr.com/ugd/39d1b6_3e88bc458ec541d388fadbd82955bc9b.pdf?fbclid=IwAR0rh6yFjViStIYtXtP4ktBliXCy_mDXBITIZysAJdXUWdnTH9l878S7Rr4">https://ba0b1d0e-6a7e-4525-b0a9-56d16917011c.filesusr.com/ugd/39d1b6_3e88bc458ec541d388fadbd82955bc9b.pdf?fbclid=IwAR0rh6yFjViStIYtXtP4ktBliXCy_mDXBITIZysAJdXUWdnTH9l878S7Rr4</a></p> <p><a href="https://docs.google.com/document/d/13np8HNZA7XzMzTVNcCaE2-H0rRtHk13i4F6FZO0b9P3k/edit">https://docs.google.com/document/d/13np8HNZA7XzMzTVNcCaE2-H0rRtHk13i4F6FZO0b9P3k/edit</a></p> <p><a href="https://jcahillpe.files.wordpress.com/2020/03/alphabet-fitness-bingo2.pdf">https://jcahillpe.files.wordpress.com/2020/03/alphabet-fitness-bingo2.pdf</a></p> <p><a href="https://drive.google.com/file/d/1pp9VSnax5g7vh0cPhemeaFtgmHI8vQPJ/view">https://drive.google.com/file/d/1pp9VSnax5g7vh0cPhemeaFtgmHI8vQPJ/view</a></p> <p><a href="https://docs.google.com/presentation/d/1NdRwqGkB5tdKVNTU8QtnD4fXVbf88JVtx3uV1VFATMY/edit#slide=id.p1">https://docs.google.com/presentation/d/1NdRwqGkB5tdKVNTU8QtnD4fXVbf88JVtx3uV1VFATMY/edit#slide=id.p1</a></p> <p><a href="https://docs.google.com/presentation/d/1vy1AY9JCWxywo40f3x2zz4l0zvHHTi6cn-l5S4Cpyuo/edit#slide=id.p1">https://docs.google.com/presentation/d/1vy1AY9JCWxywo40f3x2zz4l0zvHHTi6cn-l5S4Cpyuo/edit#slide=id.p1</a></p> <p><a href="https://jcahillpe.files.wordpress.com/2020/03/design-a-backyard-obstacle-course-using-prepositions-1.pdf">https://jcahillpe.files.wordpress.com/2020/03/design-a-backyard-obstacle-course-using-prepositions-1.pdf</a></p> <p><a href="https://lookaside.fbsbx.com/file/Basketball_Home_Play.pdf?token=AWyS3sUXPfbphCzZRnhh5KNBsSzg-WrMVrBujswsQKoBcjhxdAm9ell_PI">https://lookaside.fbsbx.com/file/Basketball_Home_Play.pdf?token=AWyS3sUXPfbphCzZRnhh5KNBsSzg-WrMVrBujswsQKoBcjhxdAm9ell_PI</a></p>	
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		<a href="https://www.youtube.com/watch?v=d3vTKq0AJ4cgV&amp;list=PLElS9fRR2ekmY6wbJlsmBGLcOPTaFsk">S0DT1GBkWRx84ecs2U WvllB3A-d3vTKq0AJ4cgV-bfjFT0NG9tqXPxQbkt1Wvl0IG77YaJ2RxpKXxwV7oAj- Oo6lic2</a>	
<b>EDUCATIONAL VIDEOS</b>	Brain Bites- <b>AWESOME</b> information about fitness in general & its benefits. So much great information. Thanks Lynn Hefele for the resources!	<a href="https://www.youtube.com/playlist?list=PLElS9fRR2ekmY6wbJlsmBGLcOPTaFsk">https://www.youtube.com/playlist?list=PLElS9fRR2ekmY6wbJlsmBGLcOPTaFsk</a>	*-3 <sup>rd</sup>
<b>ACTIVE HOME LESSONS</b>	<p>This is an <b>AMAZING</b> resource that offers full lessons that can be done at home with minimal equipment.</p> <p>Creatively incorporates fitness with reading times on a clock, coins, fractions, alphabet, patterns etc.</p> <p>Balance Your Fitness</p> <ul style="list-style-type: none"> <li>Challenge yourself to see how much variety you can balance. Record your minutes for the 1<sup>st</sup> week and try to beat that each week going forward.</li> </ul>	<p><a href="https://openphysed.org/activeschools/activehome">https://openphysed.org/activeschools/activehome</a></p> <p><a href="https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf">https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf</a></p> <p><a href="https://physedreview.weebly.com/uploads/1/3/0/8/13083192/at_home_learning_movement.pdf">https://physedreview.weebly.com/uploads/1/3/0/8/13083192/at_home_learning_movement.pdf</a></p> <p><a href="https://lookaside.fbsbx.com/file/Fitness_Circuits_Home_Play.pdf?token=AWxWjAYmEPb7msTSInMiZtvczZdW63G-KWQjsG_05pviKIK-IEExEm3qcQe2W8Z3wa4uXyUgftLeoJvICHGBaZTcf1zBfV_HzB-Sn58ht716TwCFJU1PyEmke4UV93iJVQy77vCq2LeljtPK9n7LFhXQc">https://lookaside.fbsbx.com/file/Fitness_Circuits_Home_Play.pdf?token=AWxWjAYmEPb7msTSInMiZtvczZdW63G-KWQjsG_05pviKIK-IEExEm3qcQe2W8Z3wa4uXyUgftLeoJvICHGBaZTcf1zBfV_HzB-Sn58ht716TwCFJU1PyEmke4UV93iJVQy77vCq2LeljtPK9n7LFhXQc</a></p>	*-6 <sup>th</sup>
<b>ACTIVITY LOG</b>	Keep an activity log and track your activity over the break from school.	<p><a href="https://openphysed.org/wp-content/uploads/2020/03/AH-X8-ActiveHome-ActivityLogPage-English.pdf">https://openphysed.org/wp-content/uploads/2020/03/AH-X8-ActiveHome-ActivityLogPage-English.pdf</a></p> <p><a href="https://healthyfuturesak.org/wp-content/uploads/2014/04/Physical-Activity-Log-Month.pdf">https://healthyfuturesak.org/wp-content/uploads/2014/04/Physical-Activity-Log-Month.pdf</a></p>	*-6 <sup>th</sup>

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<p><b>ACTIVITY CALENDAR</b></p>	<p>These are great for daily challenges to guide you through an extended break much like the one we will be going through!</p>	<p><a href="https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf">https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf</a></p> <p><a href="https://ssww-blog.s3.amazonaws.com/blog/wp-content/uploads/March-Printable-Fitness-Challenge-Calendar-2020-1.pdf">https://ssww-blog.s3.amazonaws.com/blog/wp-content/uploads/March-Printable-Fitness-Challenge-Calendar-2020-1.pdf</a></p>	<p>K-6<sup>th</sup></p>
<p><b>NUTRITION</b></p>	<p>Printable Food Log- This is to encourage students to log their foods and make healthy choices. The more colorful your plate, the better!</p> <p>Fooducate-Downloadable worksheets that break down what is in some unhealthy foods and what to look for on labels</p>	<p><a href="http://www.nourishinteractive.com/system/assets/free-printables/783/kids-week-writing-journal-kids-food-groups-tracker.pdf?1364417823">http://www.nourishinteractive.com/system/assets/free-printables/783/kids-week-writing-journal-kids-food-groups-tracker.pdf?1364417823</a></p> <p><a href="https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate-vs-usda-myplate/">https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate-vs-usda-myplate/</a></p> <p><a href="https://www.fooducate.com/community/post/Fun-Nutrition-Worksheets-for-Kids/57A34767-C74B-0E6A-4CB4-B76EDADAE676">https://www.fooducate.com/community/post/Fun-Nutrition-Worksheets-for-Kids/57A34767-C74B-0E6A-4CB4-B76EDADAE676</a></p>	<p>K-6<sup>th</sup></p> <p>3-6<sup>th</sup></p>
<p><b>PRINTABLE</b></p>	<p>I've added a lot of healthy food choice activities here. These include word finds, crossword puzzles, cut and paste activity etc.</p>	<p><a href="https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/HaveFunWordSearch.pdf">https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/HaveFunWordSearch.pdf</a></p> <p><a href="https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Maze.pdf">https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Maze.pdf</a></p> <p><a href="https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/SecretCode.pdf">https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/SecretCode.pdf</a></p> <p><a href="https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/CrosswordPuzzle.pdf">https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/CrosswordPuzzle.pdf</a></p> <p><a href="https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/WordBlanks1.pdf">https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/WordBlanks1.pdf</a></p>	<p>K-4<sup>th</sup></p>

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<https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/WholeGrainLesson.pdf>

<https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/WholeGrainWordScramble.pdf>

[https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet1\\_MakingGreatTastingSnacks.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet1_MakingGreatTastingSnacks.pdf)

[https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2\\_BeAFitKid.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2_BeAFitKid.pdf)

<https://www.teacherspayteachers.com/Product/My-Plate-Cut-and-Paste-265044>

## ADDITIONAL RESOURCES

- Jenny Horowitz: [Google Drive Folder](#)
- Kevin Tiller: [https://twitter.com/p\\_hysedreview/status/1239168726450286593](https://twitter.com/p_hysedreview/status/1239168726450286593)
- Bob Vogt: <https://twitter.com/GIengaryPE/status/1239341018459377664>
- Jason Denk: <https://twitter.com/mrdenkpeclass/status/1238508561447227393?s=11>
- CBHPE Activity Ideas: <https://www.cbhpe.org/projector>
- [PE Follow Along Videos Collection](#)  
(Google Slide)

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