

West Elementary



## “PE Shorts” Newsletter #2

Hey West El Wildcats- We'd like to share some cool stuff with you to keep you moving and staying active. Mr. Behm, Mrs. Bell, Mr. Gregoire, and Miss Potter miss you all very much and hope you are all staying safe. Remember participation in these activities is optional but the more activity- the better you will feel and it's a great way to have some fun. Stay active and stay healthy.

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*There are lots of cool activities on the West Elementary Facebook page. We post every Monday - Wednesday - Friday.*

[https://www.facebook.com/pg/WEPEWSCSD/posts/?ref=page\\_internal](https://www.facebook.com/pg/WEPEWSCSD/posts/?ref=page_internal)

*As well as great stuff posted on the West Elementary PE website. Be sure to scroll to the bottom of the page.*

<https://www.wscschools.org/Page/20799>

*Be sure to check both those sites out and find some new ways to stay healthy and active. Send us pictures or videos (to our email) showing us how you're staying healthy and active and we will share them with Mrs. Frawley so she can post them on the Daily Update.*

*Don't forget to sign up for the Buffalo Bills Spring Play 60 Challenge*

<https://www.buffalobills.com/community/play-60-challenge>

*And the OPEN Physical Education National Field Day*

[www.openphysednationalfieldday.org](http://www.openphysednationalfieldday.org)

**Looking for something to do- Check out this great activity from Justin Cahill & Keeping Kids in Motion.**



## 30 Random Acts of Fun



Make an outdoor obstacle course	Make an indoor Scavenger Hunt	Create a game using food cartons, boxes, and containers	Practice dribbling a ball with each hand for 5 minutes	Surprise your parents by vacuuming the rugs	Ride your bike for 20 minutes	Juggle an inflated freezer bag or soccer ball
Build a fort with couch cushions and pillows	Make up a dance and teach it to a parent or sibling	Write letters to friends or relatives	Dribble a soccer ball through obstacles	Toss a stuffed animal in the air and catch it 50 times	How many stacked pillows can you jump over?	Design and create your own jump rope
Make a game with a laundry basket and rolled up socks	Design a workout with at least 4 exercises	How high can you build a tower with playing cards?	Practice throwing and rolling a ball at several cans lined up	Make a sculpture with recyclables	Play your favorite music and DANCE!	Pick out a game for family game night
Practice your standing long jump and measure your distance	Jog and/or walk around your home for at least 10 minutes	Weed the flower beds and garden	Play catch with a sibling or parent for 10 minutes	Design an obstacle course in your house or backyard	Jump rope for at least 5 minutes	Hold a plank and count by 5's to 200, 2's to 100
Write a letter to a teacher	Make a bowling alley with home-made pins	<ol style="list-style-type: none"> <li>Each day choose at least one activity to complete.</li> <li>After completing each activity, color in the square.</li> <li>If you want to repeat an activity already completed, great! Enjoy what you love.</li> <li>How many activities can you complete throughout the next 30 days?</li> <li>Take a picture of your completed challenge and share with your friends or teachers.</li> </ol>				

If you have any questions regarding the above activities or any other questions about activities on the West Elementary PE website: <https://www.wscschools.org/Page/20799> or the West Elementary Facebook page: <https://www.facebook.com/WEPEWSCSD/> please contact one of our amazing PE teachers. Feel free to send pictures or videos of your child participating in any of our posted activities. We'd love to see the kids being active. Stay safe- stay active- stay well. We miss you all. Mrs. Bell- Mr. Gregoire- Miss Potter- Mr. Behm

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