



Newsletter

<https://sites.google.com/a/northampton-k12.us/nps/our-schools/jackson-street-school>

<https://www.facebook.com/pages/Northampton-Public-Schools-Massachusetts/179921372117715>

<https://www.facebook.com/jacksonstreetpto> <http://www.jsspto.org/>

You may also connect with us on Twitter: <https://twitter.com/#!/NPSDistrict>

Ms. Allessi's website: <https://sites.google.com/northampton-k12.us/mindfulnessatjss>

JSS Office 587-1510

Volume 24 No. 30

March 27, 2020

If you wish to have a copy of this letter written in Spanish, French or Arabic, please contact the school department at 587-1315. Si le gustaria esta carta en Espanol, es posible. Llama 413-587-1315. Si vous voulez une copie de cette lettre en Français, veuillez contacter le Département de l'École 587-1315. إذا رغبت أن يكتب لك هذه الرسالة بلغة عربية، فيرجى الاتصال بالمدارس في 587-1315.

MESSAGE FROM MS. AGNA

LINK TO STORY TIME WITH MS. AGNA – AND JACKSON

Many thanks to Mr. Cantler, our Technology Integration Specialist, for linking up the Story Times I've recorded so far. As I said in my recent robo call, I'm getting used to the weirdness of reading to a screen – hopefully the readings will only improve! Jackson finds them comforting anyway...

ROBO CALLS

I will continue to do them, recognizing they're one of the few ways we have to communicate – ish. This is so very sad and hard.

WHAT A DIFFERENCE TWO WEEKS MAKES...

I don't know about you, but finishing up our 2nd week apart has helped to establish the reality of this crisis for me – and has made me have such gratitude and a sense of awe for the way our community continues to come together – physically and socially distanced – to provide support and connection in this horrible time of corona. I think about walking the halls of our school, saying hello to those I pass, getting a hug or a report on how a student might be feeling, circulating in the cafeteria at lunch, with 120 students and the wonderful ESPs, checking in on how things are, what's the lunch like, who might need some support with friends, wandering into classrooms with Jackson, students at work, looking up briefly to say HI or to pat Jacksons, standing in front of the whole school, watching Janet Aalfs lead us in a Moving Meditation, reading a picture book, singing songs with Ms. O, accompanied by the Uke Ohana, saying hello and good-bye in the crosswalk in front of school. I feel great sadness and loss and can only imagine your feelings too. If you would like to share thoughts with our community, through this newsletter, anonymously, about how you are doing, how your family is coping, what funny and fun things have happened, what's worked, what's not in our time of isolation, please feel free to email me and I'll include in future newsletter. My email address is gagna@northampton-k12.us.

Sending health and love to all,

Gwen Agna
Gwen Agna

PTO NEWS

From Beth Maurer, JSS Volunteer Coordinator (sent through email as well):

Hello JSS Community,

A message from Ms. Agna regarding school closures:

Per order of the MA Commissioner of Education (and the Governor), schools in MA are closed till May 4, 2020.

Ms. Agna has been sharing "Story Time" videos well as a Meditation for students and families to enjoy during our time away from school. The videos have been posted by the JSS PTO on Facebook, and can be found on the Northampton

Public Schools website at:

<http://www.northamptonschools.org/category/news/jackson-street-school/>

We hope that your families are healthy and managing as well as you can be. We will be sending an email tomorrow with more resources for learning at home. Be well.

PTO Emergency Fund/Grocery Gift Card Update

Just over \$7,200 has been donated to the PTO's Emergency Fund to purchase grocery store gift cards to be distributed to JSS families experiencing financial hardship as a result of school closure

and loss of work. So far, more than \$5,000 worth of gift cards has been distributed between cards purchased by the PTO (\$3,600) and other generous JSS community members. Heartfelt thanks to all who have been able to donate! It is wonderful to see our community come together to support each other.

Gift cards are still available. Please contact Ms. Agna at 587-1512 or by email gagna@northampton-k12.us to request a gift card.

Donations to the PTO emergency fund may be made via the PTO's website: <https://www.jsspto.org>

Click the "Support JSS" button at the top right, then scroll down to the "Donate" button. Donations may be made via credit/debit cards or PayPal. Thank you for helping the PTO support JSS families!

JSS Art Corner

The past week has been both challenging and a new learning curve for all of us. I hope that most families are finding the art prompts helpful and accessible. Please feel free to use the lesson ideas to meet your particular needs, and don't feel as if your child has to complete every one of them. The other art teacher in the district and I created a home-school approach for families to utilize at their pace. We will be updating this link periodically with usable links and more ideas coming soon. Please reach out to me if you need any assistance with the at home art program.

Sincerely, Ms. Lilly

blilly@northampton-k12.us

<https://drive.google.com/open?id=18XsOOX-qhLxBTvFsoBB-PcBOZ5WJ9kdVmnOE4S3x3F2w>

Off the Beaten Path:

Family Friendly Hikes in Northampton in the Age of Social Distancing

Some of our most well-known and beloved greenways and conservation areas are getting very busy and hikers are passing each other at unsafe proximity.

I put together this short list of less well known, family friendly hiking spots in Northampton for those who want to explore new areas that are less well known and less well traveled (and have wide trails). All of these hikes are appropriate for families with small children. If you have questions, please feel free to email me at tannese@northamptonma.gov or text/call me at 641-260-1796.

Parsons Pine Barrens Greenway
100 Cardinal Way (Small Parking Lot to south)
Florence, MA 01062

The former site of a sand and gravel operation, Parsons Pine Barrens is the only protected pine barrens in the City of Northampton. This roughly 80-acre Greenway has several looping trails. You'll enjoy views of Parsons Brook, wide open dune area, a human-made kettle pond, and even a huge metal remnant of the Greenway's industrial past. You'll find pitch pine here--a species far more common on and near the Cape--along with other less common plant and pollinator species.

In part because of the Greenway's sandy, nutrient-poor soil, the trails tend to be wide, making it safer when you encounter other hikers.

Rocky Hill Greenway (Formerly Pine Grove Golf Course)
254 Old Wilson Road
(Park on Old Wilson Road or take bike path to Easthampton near the footbridge (Valley Recycling) and hike northwest)
Florence, MA 01062

The City of Northampton just purchased this 100-acre golf course on the edge of Easthampton. It connects to the existing Rocky Hill Greenway, which is a lightly used forested greenway between Routes 10 and 66.

I highly recommend visiting the former golf course before heavy equipment begins habitat restoration work in the next two months. There are ponds and creeks amid the fairways and some of the oldest and largest swamp white oaks in Northampton. This brand new Greenway is very wet in spots, but there are drier upland areas where you can throw a frisbee or kick a soccer ball with your kids.

<https://www.gazettenet.com/Pine-Grove-hg-060119-25894598>

Roberts Hill
15 Dimock Street (Trailhead to the south)
Leeds, MA, 01062

The 153-acre Roberts Hill extends from Chesterfield Road to Reservoir Road (across from Musante Beach). It boasts an extensive trail system and summit views. Dimock Pond and Howard's ice pond are very close to the trailhead and are lovely places to throw acorns and look for birds. Head to the summit and then curve around the park's north side for views of Musante beach. Because Roberts Hill has so many trails, it's easy to get confused--even a little lost--so familiarize yourself with an online trail map before going.

Beaver Brook Greenway/Mill River Greenway (Catholic Cemetery)
Leeds bike path/Grove Ave
Leeds MA 010153

This very lightly traveled, 44-acre parcel lies between the Catholic Cemetery on Route 9 and the Leeds Bike Path. It connects with both the Mill River Greenway to the west and south and 32 acres of Mass Electric Forest Land to the north. Beaver Brook on the southern side of the Greenway is gorgeous and undisturbed--a great place to sit, listen to the water rushing by, and deep-breathe your stress away.

You'll find porcupine dens (careful with dogs), a huge "witness" oak on the northeast corner of the property, and large rock faces that were cut on site for gravestones at the nearby cemetery.

Finding the property can be tough as the trailheads are not yet marked. From the Grove Avenue spur entrance to the bike path, walk or bike north for roughly half a mile until you cross

the Beaver Brook bridge (stone foundation--newish wooden railings) Just past the bridge there is a trail into the interior of the Greenway. If you must, you can also access the Greenway from the Catholic Cemetery on Route 9. Please be exceedingly respectful as the Cemetery is not an official entrance to the Greenway.

**Burts Bog Greenway -- Stroller and Wheelchair Friendly
Overlook Drive/Burts Pit Road, Stone Ridge Road**

“Who was this Burt and where was his pit?” Burts Bog was Burts pit, from which he extracted peat for fuel and soil amendments. It’s the largest bog in the City, but seeing the Bog itself can be a little challenging. The best access point for viewing is at the south end of Ellington Drive.

For those in wheelchairs and/or pushing strollers, there is a paved section which connects Brookwood/Stone Ridge Drive to Burts Pit Road and Overlook Drive. The pavement is new and perfect for those in wheelchairs or pushing strollers. The paved path in Burts Bog Greenway was created in part to help kids in the Burts Pit and Florence Road areas bike and walk to Ryan Road Elementary more safely.

MARK YOUR CALENDAR – We’re always adding new dates so keep checking. PLEASE check the Northampton Public Schools website for district calendar updates.

Parents Hour in the Family Center the 1st & 3rd Wednesdays, from 9-10AM, beginning Wed. Sept. 4. The JSS PTO meets the 2nd Wednesday of the month.

The Walking School Bus (Fall & Spring) – Ms. Agna alternates on Fridays around 8:10AM between the bike path (starting behind Stop and Shop) and Hampshire Heights, starting at the bottom of the hill near the CVS plaza.

Tues. May 5 HOLA Session 4 starts

Wed. May 13 PTO Meeting 6:30-8pm JSS Library

Fri. May 15 Staff/Faculty Work (1/2) Day – dismissal at 12:20PM

Mon. May 25 NO SCHOOL – Memorial Day

Thurs. May 28 2:00PM KDG students host our JSS Grads (tentative date) – We will let you know if we can hold this

Wed. Jun. 10 PTO Meeting 6:30-8pm JSS Library

Thurs. June 11 HOLA Session 4 ends

Fri. June 12th 9:15AM All-school Assembly: Ms. Agna reads “A Fine Fine School” – We will let you know if we can hold this.

ALL GRADES PROGRESS REPORT CARDS GO HOME ON THE LAST DAY OF SCHOOL – LAST DAY STILL TO BE DETERMINED.
5th GRADE GRADUATION IS SCHEDULED THE DAY BEFORE THE LAST (HALF) DAY OF SCHOOL.

INFORMATION ABOUT MCAS AND WHETHER WE WILL TAKE IT THIS YEAR, WILL BE FORTHCOMING – STAY TUNED...

Northampton Public Schools - Elementary Physical Education

"Our body is our classroom; our movement is our curriculum."



Dear Amazing NPS Families,

We miss you so much! We miss our students coming into our classrooms. We miss the joy on your faces when you come to PE and move. We miss practicing skills with you, teaching you new games, and playing games we know and love. We miss helping you, and being in awe of your presence. We miss your jokes, questions and thoughts. We are really sad that we had to stop learning and growing with you in person. We know so many of our students were **really** looking forward to their next PE class. We are looking forward to that day when we can all return to school.

We want you to remember this for now: ***Our bodies are our classroom. Our movement is our curriculum.*** No one is better than finding creative ways to move in any situation than our students! We want you to keep moving, whenever and however you can! When we move our bodies, it helps us to be healthy and strong, to release any stress we might be feeling, and so much more.

Below is our next set of ideas for ways to keep active. We discussed trying to make recommendations by grade, but we decided in the end that you know what works best for you, as a family, as an individual. In PE class, when we help students learn at their level, it's called "differentiation." For grown-ups, please know that some of the links we share may have games or activities that aren't right for your family. We didn't necessarily like every single suggestion. But more than anything, we wanted to share ideas, and to place choices in your capable hands. Parents and caregivers, if you have time, could you help students choose some things to do, especially if they don't already have ways to be active? We hope to share new ideas approximately every two weeks.

All our best, with great respect,

Annette Bischoff
Leeds

Janis Totty
Sharon Carlson
JSS

Rebecca Minton
RKFR

Kathy Flaherty
BSS

[Elementary PE Resources](#)

Northampton Public Schools - Educación física primaria

"Nuestro cuerpo es nuestro salón de clases; nuestro movimiento es nuestro currículum".



Estimadas familias de Amazing NPS:

¡Los extrañamos mucho! Extrañamos que nuestros estudiantes entren a nuestras aulas. Extrañamos la alegría en sus rostros cuando vienes a PE y te mueves. Echamos de menos practicar habilidades con usted, enseñarles juegos nuevos y jugar juegos que conocemos y disfrutamos. Echamos de menos ayudarlos y ser honrados por su presencia. Extrañamos tus bromas, preguntas e ideas. Estamos muy tristes de haber tenido que dejar de aprender y crecer con ustedes en persona. Sabemos que muchos de nuestros estudiantes estaban **realmente anticipando** su próxima clase de educación física. Esperamos con ansias ese día en que todos podamos regresar a la escuela.

Queremos que recuerden esto por ahora: ***nuestros cuerpos son nuestra aula. Nuestro movimiento es nuestro currículum.*** ¡Nadie es mejor para encontrar formas creativas de moverse en cualquier situación que nuestros estudiantes! ¡Queremos que sigas moviéndote, cuando y como puedas! Cuando movemos nuestros cuerpos, nos ayuda a estar sanos y fuertes, a liberar cualquier estrés que podamos estar sintiendo, y mucho más.

A continuación se muestran un grupo de ideas sobre formas de mantenerse activo. Pensamos en hacer recomendaciones por grado, pero al final decidimos que ustedes saben lo que funciona mejor para ustedes, como familia, como individuo. En la clase de educación física, cuando ayudamos a los estudiantes a aprender a su nivel, se llama "diferenciación". Para los adultos, sepa que algunos de los enlaces que compartimos pueden tener juegos o actividades que no son adecuados para su familia. No nos gustaron necesariamente todas las sugerencias. Pero más que nada, queríamos compartir ideas y darle opciones para su selección. Padres y cuidadores, si tienen tiempo, ¿podrían ayudar a los estudiantes a elegir algunas cosas que hacer, especialmente si aún no tienen formas de mantenerse activos? Esperamos compartir nuevas ideas aproximadamente cada dos semanas.

Todo lo mejor, con gran respeto,

Annette Bischoff
Leeds

Janis Totty
Sharon Carlson
JSS

Rebecca Minton
RKFR

Kathy Flaherty
BSS

Names of Team Members: _____ Time Limit: _____

Family Outdoor Scavenger Hunt #1

Directions:

Play as either an individual/a small group against others in your family or as a big family team and see how many points you can earn by completing the different challenges. If you complete one, check it off in the column on the right. Set an agreed-upon time limit for the game before you start. At the end of the time limit, add up your points and see how many you/your team earned. Good luck! (Be sure to look at both pages)

100 POINT CHALLENGES	COMPLETED?
Run and touch 5 different colored objects	25 points
Find a stick, lay it on the ground and jump over it 30 times	25 points
Climb a tree and be at least 5 feet up off the ground	25 points
Skip in a circle around 3 different trees	25 points
SUBTOTAL OF POINTS:	

200 POINT CHALLENGES	COMPLETED?
Find a rounded leaf, a pointy leaf and a pine needle	50 points
Spell a word on the ground using whatever materials you can find	50 points
Pick a start line and a finish line and race someone else	50 points
Find 4 different types of flowers	50 points
SUBTOTAL OF POINTS:	

300 POINT CHALLENGES	COMPLETED?
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Find a 4-leaf clover	75 points
Build a mini log cabin at least 3 inches high using only sticks	75 points
Find 3 different types of bugs	75 points
Throw a small rock at a tree and hit it from distances of 10, 15 and 20 feet	75 points
SUBTOTAL OF POINTS:	

TOTAL POINTS: _____

Nombres de los miembros del equipo: _____

Cacería familiar al aire libre #1

Instrucciones:

Juega como un individuo o un pequeño grupo contra otros miembros de tu familia o como un gran equipo familiar y mira cuántos puntos puedes ganar al completar los diferentes desafíos. Si completas uno, márcalo en la columna de la derecha. Establece un límite de tiempo acordado para el juego antes de empezar. Al final del límite de tiempo, suma tus puntos y mira cuántos has ganado tú o tu equipo. Buena suerte!

DESAFÍOS DE 100 PUNTOS		¿COMPLETADO?
Corre y toca 5 objetos de diferentes colores		
Encuentra un palo, ponlo en el suelo y salta sobre él 30 veces		
Subir a un árbol y estar al menos a 5 pies del suelo		
Saltar en un círculo alrededor de 3 árboles diferentes		
SUBTOTAL DE PUNTOS:		

DESAFÍOS DE 200 PUNTOS		¿COMPLETADO?
Encuentra una hoja redondeada, una hoja puntiaguda y una aguja de pino.		
Deletrea una palabra en el suelo usando cualquier material que puedas encontrar		
Escoge una línea de salida y una línea de meta y corre con alguien más.		
Encuentra 4 tipos diferentes de flores		
SUBTOTAL DE PUNTOS:		

Alphabet Challenge

A - 10 Jumping Jacks

B - 8 Burpees

C - 15 Line Hops (one foot)

D - 12 Line Jumps (Ski Jumps)

E - 7 Squats

F - 20 Sit- Ups (partner hold feet)

G - 14 Arm Circles

H - Skip backwards for 30 seconds

I - **Hold Plank for 25 Seconds**

J - Sit down, reach for your toes for 10 sec.

K - 16 Mountain Climbers

L - Jog for _____ time .. fill in the blank

M - Grapevine down a sidewalk or driveway (pick your speed)

N - 6 Push-ups

O - 20 High Knees

P - 8 Crab Walk

Q - Hold Skydiver for 20 Seconds

R - 9 Frog Jumps

S - Sit and spin around for 10 sec.

T - Bear Walk around the room

U - Upside down turtle for 20 seconds

V - Crab Walk from one end of the room to the other

W - 12 Toe Touches

X - 22 Bicycle pedal (lay on back)

Y - 5 Log Rolls

Z - 8 Tuck Jumps

DANCE RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Ross Chakrian	Dance it Out Playlist https://www.youtube.com/playlist?list=PL1f5HcskdtSLtbCdh7fq9Mivcb2f_pZLJ	K-2nd	Standards 1, 3
Linda Thompson	Elementary Fitness and Dance Activities https://docs.google.com/document/d/14mrDBEuldeKg-vikyGmPpRo6rh8um3o8HE6RZ26NT9k/edit	K-5	1-5
Chris Amundson	Dance InformationElementary Dance Slide with Gifs/Links PDF with Elem	K-6	Standard 1
Megaera Regan	Dance along with Manorhaven students: https://www.youtube.com/playlist?list=PLiTrgFQERjP6FBjSLwrmQa0ro82dAWurO	K-5	1, 2 and 5
DanSirs	DanSirs https://www.youtube.com/playlist?list=PLCpk5kxO81-ItOrLzGSt7IjnKiQX8lfm4	K-5	
Brandon Herwick	Follow along dance videos: Boom: http://bit.ly/2OHvcVx Space Jam: http://bit.ly/2Ar9bUa Cotton Eyed Joe: http://bit.ly/3d1e72E The Fred: http://bit.ly/2IOi25f Ju Fu Kata: http://bit.ly/2U5L7OL Better: http://bit.ly/35yoXcy	K-5	
Brandon Herwick	Happy: http://bit.ly/1rUJwva Follow the Leader: http://bit.ly/FollowTheScarf	K-5	

	The Goldfish: http://bit.ly/1Lnwhw9 Cupid Shuffle: http://bit.ly/CreativeShuffle		
Derek Blyzwick	Derek's Dances: High Hopes and Boom https://www.youtube.com/playlist?list=PL548JlsNffYoVYd53DgiUnffCKJFg_jU1		
Ben Pirillo	Let's Dance! https://www.youtube.com/playlist?list=PLJnn5H8Y_tYE3LdXoJIG_azMC2i5TjCON	K-5th	Standard 1
Victor Spadaro	PE Dance https://www.youtube.com/channel/UCaWYZv726Q3Kwp6Jgk2mCnQ?view_as=subscriber	Elementary	Standard 1

FITNESS/EXERCISE RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Mike Ginicola	"Would you rather" warm-ups https://www.youtube.com/playlist?list=PLGS-YpNYBNyda7jGOxP5OE3NyvfaLTfwg	Elementary	Mike suggests the top 5 on the playlist
Chris Amundson	Quick Exercises Fitness in Nature This or That	3-6	Standard 3
Ben Pirillo	Superhero workouts tinyurl.com/trainingheroes	Elementary	Standard 3
Brandon Herwick	Dice Fitness: http://bit.ly/RTDWU	Elementary	Standard 3

Jorge Rodriguez	Brain Based Exercises https://docs.google.com/presentation/d/1HIkkYdkK6Lch8gnj7bULOdBiVU54Y6pC-GpZE7sn5uU/edit?usp=sharing	K-5	Great activities for activating the brain. Can be used on their own, or as brain boosts.
Lynn Hefelee	Video- Skill Related Fitness Assessment	4-6	Standard 3
Lynn Hefelee	Brain Bites Playlist https://www.youtube.com/playlist?list=PLEIsA9fRR2ekmY6wbJlsmBGLcOPTaFs_k		
Lynn Hefelee	Video- Muscle Group Assessment	7-12	Standard 3
Lynn Hefelee	Video- Components of Fitness	3-6	Standard 3
Lynn Hefelee	Video- Cardiovascular Endurance	3-6	Standard 3
Lynn Hefelee	Video- Components of Fitness	3-6	Standard 3
Lynn Hefelee	Video- Flexibility	3-6	Standard 3
Lynn Hefelee	Video- Benefits of Fitness	5-12	Standard 3
Lynn Hefelee	Video- Components of Health Related Fitness 2	3-6	Standard 3
Lynn Hefelee	Video- Skip Count Exercise Challenge	3-6	Standard 3
Justin Cahill	Alphabet Fitness Bingo https://jcahillpe.files.wordpress.com/2020/03/alphabet-fitness-bingo2.pdf	3rd-8th	Standard 3 Printable
Kevin Tiller	Create-A-Workout https://drive.google.com/file/d/1pp9VSnax5g7vh0cPhe meaFtgmHI8vQPJ/view	3rd-5th	Standard 3 Printable

Mrs.Montana	Fitness Bingo https://docs.google.com/document/d/13np8HNZA7XzMzTVNcCaE2-H0rRtHk13i4F6FZOb9P3k/edit	K-5th	Standard 3 Printable
Danica Vidotto	Various Fitness Resources https://drive.google.com/open?id=1u7HuZkVh7_wQj2BYteZampnbd2SWZn0	K-12	Canadian- Ontario Public Education
Ross Chakrian	Fitness Game Design Project http://bit.ly/AHPEFGDP	4th-8th	Standard 3 STEM Integration Project Based Learning Printable
Sandy Hagenbach	Fitness Origami Dice Activity https://drive.google.com/open?id=1NKwTUOEFKsWeM-kL80JuU-Bi9D8ftGE	K-12	Standard 3 Printable
Jason Steele	Fitness Monopoly https://drive.google.com/file/d/1aXVWafWpgus4heopFcWlbCSmMPRgQY3R/view	K-5	Standard 3 Printable
Jason Steele	Cardio Land https://drive.google.com/file/d/1QQk5AFR7-3EjHSGO5xTCI68qY17vkmlu/view	K-5	Standard 3 Printable
Julie Braden	Fitness Trouble https://drive.google.com/drive/folders/1JCnwRUpr6aDBQRahIJl61XnKS5angk9p	K-5	Standard 3
Joey Feith	Pokemon Fitness Hut https://docs.google.com/presentation/d/1Jhod5yMNKqiPueNyJvbe9nvWKGBBN00R8uCxEHPHXJ4/preview?slide=id.g71e21720b2_31_0	K-5	Standard 3 Printable
Heather Isler	Fitness Bingo	K-5	Standard 3

	https://drive.google.com/drive/folders/1p7ase-BR54zvn9gkDrXYnkxf34FyNT_O		Printable
Heather Isler	Fitness Chutes and Ladders https://drive.google.com/drive/folders/1p0ei-jZqc3LQ7C18ml7FVfq9h3U7E7J	K-5	Standard 3 Printable
Heather Isler	Fitness Sorry! https://drive.google.com/drive/folders/17Q44KeUNZxF47RR1kp6NGrOx04FZ9h-h	K-5	Standard 3 Printable
Mike Ginicola	Follow Along Fitness Videos https://www.youtube.com/watch?v=1HuFAkhPeKQ&list=PLGS-YpNYBNvd64jdVQWakrNw8GPF4ZF0L	K-5	Standard 3

CARDIO DRUMMING RESOURCES			
CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Ross Chakrian	Make Your Own Drum/Sticks at Home and Cardio Drumming Rhythm Sheets https://bit.ly/AHPECD	3rd-5th	Standard 1
Ross Chakrian	Follow Along Cardio Drumming Videos https://www.youtube.com/watch?v=vXo6BPjoMd8&list=PL1f5HcskdtSLOxH4hNn-1a6y3FLikhVni	K-5th	Standard 1

JUMP ROPE RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Ross Chakrian	Jump rope videos https://www.youtube.com/playlist?list=PL1f5HcskdtSifUSBnZU1GoWGb3S_ULqee	K-2nd	Standard 1
Megaera Regan	Hyperdoc - Create a Jump Rope Routine at home: https://docs.google.com/presentation/d/1qeBO3AjdG0x11MFLkuCG193DptJ0LqoPNHya-sHK0Zo/e/dit?usp=sharing	4-5	1-5 Printable
Amy Falls	Make Your Own Jump Rope Project https://drive.google.com/file/d/1JLOOG6CPi4wrYwKHYklyLuPuPuSMVE_-/view?usp=sharing	K-5th	Standard 1 STEM Integration Printable

JUGGLING RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Terri Drain H-PEC	SOLO Juggling		Printable materials for juggling.
Ross Chakrian	Juggle Pattern Progression Checklists http://bit.ly/AHPEJug	4th-12th	Standards 1, 5 Checklists Printable

TOSSING/ROLLING RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOS
Mark Housel	Tossing Challenges https://www.youtube.com/watch?v=07SST1Updn0&feature=youtu.be Partner toss and catch https://www.youtube.com/watch?v=ZBqFJUJ2BAE&feature=youtu.be	K-2	Standard 1
Jim Hambel	Bowling at Home https://docs.google.com/document/d/1FDWnaNOVpz1B3CTm-KILMoNojALKhaBexu7hewKVwek/edit?usp=sharing K-2 score card: https://drive.google.com/file/d/1IO3bNJ050VKNgVZSuxLk5MOSS_TJEVxM/view?usp=sharing 3-5 score card: https://drive.google.com/file/d/1COURjhGSpx-MrolGHdWLVn3B9njDKBG/view?usp=sharing	K-5	Standards 1-5
Matthew Bassett	Tossing/Balance Lesson Video https://drive.google.com/file/d/1g3GraBL_ygFMKQj1WlhS7Rnt7mg_gyCK/view	K-5	Standard 1

OUTDOOR PLAY RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOS
Ross Chakrian	Family Outdoor Scavenger Hunts http://bit.ly/AHPEScavHunts	K-12th	Outdoor Exploration Nature Interaction STEM Integration Printable

Megaera Regan	Go outside and play each day! https://docs.google.com/document/d/1DzwDc0tdeKvB8pRtf6goak80QhyTEMqs3prV3s4sMNs/edit?usp=sharing	K-5	1-5 Printable
Jessica Monlux	Take Home Journaling	K-5	Standards S3.E1, S5.E1, S5.E2 , S5.E3 Printable

YOGA/MINDFULNESS RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Staci Bufano	Mindfulness Tic-Tac-Toe https://drive.google.com/file/d/1MZaQHXiidsdW6fQ1zfwVDJo8NK2HV_e0/view?usp=sharing	Elementary	Standard 4
Lynn Hefele	Video- Yoga Story	K-2	Standard 3

BEAT THE TEACHER/MINUTE TO WIN IT RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Craig Hawkinson	Beat the Teacher Challenges https://docs.google.com/presentation/d/1d5oQnI47SgyWqDD2tWrzqI0vtmzssjiDs2PjBJEVMes/edit#slide=id.p	3rd-8th	Standard 1
Jason Denk	Minute to Win it https://drive.google.com/file/d/1Kz	3rd-8th	Standard 1

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Justin Cahill	Minute to Win It https://keepingkidsinmotion.com/2018/11/21/master-the-minute-14-active-1-minute-challenges-for-pe/		Standard 1

PRINTABLE RESOURCES			
CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Kevin Tiller	At Home Learning and Moving Activities https://drive.google.com/file/d/1e_wiOgOgfkIXpVLo-ST0hi2J-L2mf3BN/view	Elementary	Standards 1, 3
Becky Foellmer	Templates for printable items: https://www.cbhpe.org/templates	K-12th	Vast menu of activities for elementary PE and Health (upper grades too).
Pete Charrette (Cap'n Pete)	Home Activity PE Visual Packet https://www.dropbox.com/s/7woiccdaxthd1c7/Capn%20Petes%20Home%20Activity%20Visual%20Packet.pdf?dl=0	K-8	Standards 1-5 Printable materials
Jason Denk	Limited Equipment/No internet/Video links	K-5	Standard 1-5 Printable materials
Staci Bufano	Start Your Day Off WRITE https://docs.google.com/document/d/1QR0Dd-Xcn2FYZeg8NMYxOeG1F67qGYu44AdtR42NOBl/edit?usp=sharing	K-2	Interdisciplinary activity: writing and fitness

COMBINED ONLINE RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Becky and Mark Foellmer	#HPEatHome Video sets (Dance, Exercise, Jump Rope, Skill Building) https://docs.google.com/presentation/d/1sp0V3jlg2Sg4LpNDUbw168HRrSDpCwboC9ajsXqybZU/edit#slide=id.p	Elementary	Comprehensive videos put together by some of the greats in PE! Many, if not most, can be done at home.
Becky and Mark Foellmer	#HPEatHome resources: https://www.cbhpe.org/projector/ https://sites.google.com/view/hpeathome-games	K-12th	Vast menu of activities for K-12 PE and Health
Becky and Mark Foellmer	#HPEatHome GIF collection https://www.cbhpe.org/gif-collection	K-12	GIFS for TONS of skills including throwing, striking, catching, etc.
Becky and Mark Foellmer	#HPEatHome #SEL resources https://www.cbhpe.org/edi-social-justice	K-5	including read aloud books and visuals.
Gustave Karagrozis	GIFS https://drive.google.com/drive/folders/1bCQzaLifcgKEYZ2q4DWzRF51L-vdzbKH?usp=sharing	K-12	GIFS for a wide range of motor skills.
Ken Gardner and Steve Bair	https://docs.google.com/document/d/1s7akh76E0FsjGp9cHUUcdQqr-A5fOUgc8K3xDFt5rFU/edit?userstoinvite=cstone%40gcschool.org&ts=5e6d7359&actionButton=1	K-2	Standards 1-5 This is our current E-Learning Plan For Our Students
Staci Bufano	Kids Heart Challenge Playlist https://docs.google.com/document/d/1t0sxPCd1QZ8h1QNZ2Dwvga-	Elementary	Standard 3

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Ben Pirillo	Active at Home Activity Videos https://www.youtube.com/playlist?list=PLJnn5H8Y_tYFzQvILe5oR4BDxer9HNehZ	K-5	Standard 1

STRIKING/KICKING SKILLS

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Ross Chakrian	Indoor Shuffleboard https://twitter.com/Mr_C_PE/status/1240404704477114368?s=20	K-5	Standard 1
Ross Chakrian	Make Your Own Striking Implement Project http://bit.ly/AHPemyosip	K-5	Standard 1 STEAM Integration Printable
Kent Hamilton	Paper Plate Tennis https://twitter.com/MrHamiltonPE/status/1241866891020447745	K-5	Standard 1

BALANCING/GYMNASTICS SKILLS

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Ross Chakrian	Balance Challenges https://drive.google.com/drive/u/2/folders/1ktwuANqzvV8mVbfnpKVSvrTQLtJWiyTB	K-5	Standard 1

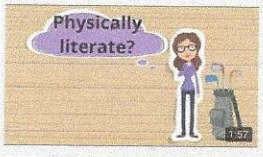
HPE ORGANIZATION RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Hip Hop Public Health	Hip Hop Public Health for Kids https://hhph.org/hhph-kids/	K-5	
GoNoodle	GoNoodle for Families https://www.gonoodle.com/for-families/	K-5	
OpenPE	OpenPE https://openphysed.org/activeschools/activehome HYPE at Home https://openphysed.org/wp-content/uploads/2020/03/AX-X3-HYPEatHome-SEL_Journal_35.pdf	All grades	1-5
Kansas DOE	Kansas State DOE Lesson Plan Builder https://www.pe-kansas.com/	All Grades	1-5
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga/playlists	K-5	
Gopher Sport	Dynamic P.E. ASAP https://www.gophersport.com/blog/dynamic-pe-asap-in-home-lesson-plans/	K-5	1-5
Sanford Fit Sanford Health	https://fit.sanfordhealth.org/	K-5	Resorces to help kids stay healthy and active at home

ELEMENTARY HEALTH RESOURCES

CONTRIBUTOR	ACTIVITY LINK	GRADE LEVEL	STANDARDS/GLOs
Lynn Hefele	Video- Circulation	K-6	Standard 3

Jessica Napier	https://drive.google.com/open?id=1pDA82vYi4FjVKcCQQEaAjMI5dCUmnewU	K-5	Printable questions about health
Derek Picha	Nutrition and Personal Health https://sites.google.com/view/mr-pichas-pe-page/health-ed	K-5	
Staci Bufano	Health Playlist: CoronaVirus, food journal, sleep, body systems https://docs.google.com/document/d/1M1SFf26nW_Szw-2iWjhPrTbeOxilfHjbg-rxLybqdgY/edit?usp=sharing	3-5	In doc by activity
Justin Cahill	Healthy Breakfast Challenge Tracker https://keepingkidsinmotion.com/2020/03/17/healthy-breakfast-log-teaching-our-students-the-importance-of-breakfast-and-healthy-food-choices/	K-5	Printable

Contributor	Activity/Link	Grade Level	Standard/GLO/notes
Lynn Hefele	 Video- Physical Literacy	K-12	Standard 3

Staci Bufano	Unruly Splats! Create a Game https://docs.google.com/presentation/d/1XxC4MSQFdABsFYujvXxsumz9qRtDKDY_GDZQzYK6L0w/edit?usp=sharing	3-5	Standard 2:Physical activity combined with coding
Mark Housel	Sample Week One Lesson Week 1 Message for Kids: youtu.be/J2I-JPS14Ew Week 1 Message for PARENTS	K-1	

	<p>- _youtu.be/_fcjUEtmJCs</p> <p>Warm Up - _docs.google.com/presentation/d/...</p> <p>Try one of the following exercise videos or BOTH</p> <p>Paper Dance with Mr Housel - _youtu.be/Cvm21HBraYw</p> <p>Avengers Exercise Video - _youtube.com/watch?v=jyWyBe</p> <p>Try one of the following Walk a mile with Nick (alone or with family) - _youtu.be/X7OzRLb2aKY Or walk a REAL mile outside (If you can)</p> <p>Catching Challenges _youtu.be/07SST1Updn0 Toss and catch challenges _youtu.be/ZBqFJUJ2BAE</p> <p>Partner step back challenge Closing activity The Beeler Bear Dance with Mr, Housel _youtu.be/ITWEJ_dpiUU</p>		
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