

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
RKFRR

Kathy Flaherty
BSS

[Elementary PE Resources](#)

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: _____

Alphabet Challenge

Instructions: Either spell your name or someone else's, or put the letters of the alphabet in a hat and pick them out and do the exercise of that letter.

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