

Playworks March 30, 2020

Hello Peruvian Park Panthers!

Coach Renee here with this week's Playworks activities! This week I encourage you to move your body as much as possible. Please keep track of your activity in the following fitness journal. This is a two week fitness journal full of great activities to keep you moving while doing school from home! If you'd like to share your journal with me, you can scan or take a picture of your journal and send it to [renee.yeoman@canyonsdistrict.org](mailto:renee.yeoman@canyonsdistrict.org). I'd love to see your progress!

PE Fitness Journal:

This week's Playworks games:

Play:

Morning Stretch & Shake

<https://youtu.be/xPbyZ096A38>

Two or more players: One Step Back

<https://www.youtube.com/watch?v=Lzo2Kuw29c&t=1s>

One or more players: Popcorn

<https://youtu.be/Ot40kdLBZhk>

Below I've added more fun activities you can do from home. I hope you have a great week! Remember to be safe, show respect and be responsible at home and I look forward to seeing you again soon!

Have a healthy week!

Coach Renee

A special message from Coach Renee for you: <https://youtu.be/TQ7FPhJGZAw>

Playworks Info

<https://www.playworks.org/get-involved/play-at-home/>

Playworks Game Guide- All the games we play in Playworks and more!

<https://www.playworks.org/game-library>

Playworks Virtual PE on Facebook live

<https://www.facebook.com/MakeRecessCount/>

Playworks Indoor Games

[https://www.youtube.com/playlist?list=PLNYjbFsfBRx97-C7nYhNLt\\_unwPeZnieT](https://www.youtube.com/playlist?list=PLNYjbFsfBRx97-C7nYhNLt_unwPeZnieT)

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Go Noodle

<https://www.youtube.com/user/GoNoodleGames>

<https://www.gonoodle.com>

Go Noodle Indoor Recess

[https://www.youtube.com/playlist?list=PLAwOTEJXH-cNO5hwDnG5\\_4MZssRF0NWkc](https://www.youtube.com/playlist?list=PLAwOTEJXH-cNO5hwDnG5_4MZssRF0NWkc)

Other fun ideas to get you moving!

Hula Hoop

Jump Rope

Trampoline

Bike

Skateboard

Scooter

Walk your dog

Dance Party

Freeze Dance

Hopscotch

Shoot Hoops

Pillow Fight

Simon Says

Twister

Roller Skating

Tug of War