



Moon Area Elementary Physical Education



Remote Learning Packets

- 1. Pick a Phys. Ed. Packet to complete each week for your physical education class.*
- 2. Scroll through PowerPoint to pick your packet.*
- 3. Each Packet has various links or information for you to pick from and complete.*
- 4. Currently, you do not have to submit anything to your PE teacher.***

Moon Area Elementary Physical Education Department:

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Outside Packet

Get outside and move for at least 30 minutes

Getting outside is vital to ones own wellness and health. However, make sure you practice correct safety precautions when you are outside. Social Distancing and staying at least 6 feet from people, animals, and objects around you and your family.

Examples of outside activities:

- Go for a walk
 - [Scavenger Hunt Sheet](#)
- Go for a run, a hike, or Ride your bike
- Go Rollerblading or skateboarding
- Practice a sport or skill. (Dribbling a basketball, soccer ball, throwing, etc.)
- Here are some good skill apps to look into for skill development.

[-Hustle App](#)

[-Coaches Eye](#) App

- [-Homecourt](#) App

Dance Packet

Complete 3 Dances from any of the links below

- [Derek Blyzwick Dances](#)
New Dances Added
- [Benjamin Pirillo Dances](#)
- [Brandon Herwick Dances](#)

Fitness Packet

Complete One of the fitness sessions from the link below

- [P.E. with Joe Workout](#) (Complete 1 workout)
- [Michael Gincola Workouts](#) (Complete at least 3 activities from the YouTube playlist)
- [Fitness Workout Lessons](#): (Complete at least 3 activities from the YouTube playlist)

Yoga Packet

Complete One of the Yoga sessions from the link below

- [Cosmic Kids Yoga](#)
- [Story hive Yoga for Kids](#)
- [Yoga for Kids –Alissa Kepas](#)

Fun At Home Activities Packet

Complete Two of the activities from the link below

Derek Blyzwick At Home Activities

(*New Activities added*)

Ben Pirillo At Home Activities

(*New Activities Added*)

Create Your Own Packet

Create a fun physically active game at home.

Rules:

- Activity has to get you moving.
- The game has to incorporate at least two of the following components:
 - Fitness Component- (Push-ups, Jumping Jacks, Squats, etc.)
 - Manipulative Skills- (Throwing, catching, kicking, etc.)
 - Locomotor Skills – (Running, sliding, skipping, galloping, etc.)
- Play the game
- *Optional*- Email me the rules of the game. You can send me a quick picture/video demonstrating how the game is played. Your game could be shared the following week in the Fun At Home Activities Packet for others to play.