

# Eden Hall – Physical Education, Health & Wellness

Mr. Mark Kunz & Mr. Tom McGarity

Last week you were given the PE Bridge Assignment (orange paper) to track your fitness and be a fit kid. We hope you were able to find time to exercise and improve your physical and mental health. We have had several students send us photos of their paper and the progress they have made, Thank you. If you would like to share your assignment please email us at: [mkunz@pinerichland.org](mailto:mkunz@pinerichland.org) or [tmcgarity@pinerichland.org](mailto:tmcgarity@pinerichland.org)

## Lesson for Week of March 24 – 30

This week we will continue to practice fitness by moving to the exercise videos provided below. These videos should be a fun way to get your muscles warmed up and active. Just click on the links below and to the best of your ability get ready to dance and exercise along.

<https://family.gonoodle.com/activities/u-cant-touch-this-1>

If you did 'touch this' it might be time to wash your hands. Scrubbing your hands for at least 15 seconds with soap and water are the best ways to keep germs away.

For the next video, get a family member to be your partner. If you participate on your own, be partner **A** and rest when it's partner **B**'s turn.

<https://family.gonoodle.com/activities/100-fast-jumping-jacks>

We saved the best exercise video for last. This video is about 20 minutes long so make sure you have plenty of water close by to stay hydrated. If you need a break just pause the video and come back to the action when you're ready.

<https://family.gonoodle.com/activities/high-velocity>

The second part of this week's lesson is to turn our attention to nutrition. Understanding more about the foods we eat is an important step to keeping our bodies healthy. Please click and read the links below.

Girls: <https://www.choosemyplate.gov/ten-tips-eat-smart-and-be-active-as-you-grow>

Boys: <https://www.choosemyplate.gov/ten-tips-choose-the-foods-you-need-to-grow>

**Finally, students can watch this quick video to learn a little more about eating healthy and exercise.**

<https://youtu.be/fstlQDBaxV0?list=PL5SUN-qc7GC5sdNv50oeLnVmWnR-EXJDV>

We hope you enjoyed making your body and mind stronger. Feel free to use the exercise videos as many times as you would like. Next week we plan on creating an exercise log to track student fitness levels and assess progress. We will also continue learning more about food groups and nutrition. If you have any questions or would like to share your progress please contact us:

Mr. Mark Kunz @ [mkunz@pinerichland.org](mailto:mkunz@pinerichland.org)

Mr. Tom McGarity @ [tmcgarity@pinerichland.org](mailto:tmcgarity@pinerichland.org)