

Dear Parent or Guardian,

The health and safety of my students is my top priority. As we navigate this evolving situation, our learning and growing is a nonstop activity that must continue to be nurtured and cultivated into a strong body and mind. I have provided a few home exercise activities to keep your child(ren) active during this new world we live in. The activities are as followed:

Activity Calendars

https://drive.google.com/file/d/1fbcphPB72yMTaMEzqtm-w6crZp_vruZ8/view?usp=drivesdk

Superhero Exercises

tinyurl.com/trainingheroes

PE Games at Home

<https://sites.google.com/view/hpeathome-games/home>

Jump Skills Videos

https://www2.heart.org/site/SPageServer?pagename=khc_resources_jump_skills_videos

25 Ways to Get Moving

https://www2.heart.org/site/DocServer/DS14840_25_Ways_to_Get_Moving_Flyer.pdf?docID=5320

Respectfully yours,

Byron Fry

Byron Fry bfry@rgsd.k12.mo.us

Lewis & Clark Elementary Physical Education & Health Teacher

10242 Prince Drive

Castle Point, MO 63136

Phone: (314) 868-5205 ext. 28127 (PE office)





American Heart Association.

25 WAYS TO GET MOVING IN THE CLASSROOM



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Stand up when it's your turn to read

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

High-five as many classmates as you can in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14

10 frog jumps



15

Standing mountain climbers for thirty seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

ABC

18

Practice spelling, do a squat for every vowel



19

Run in place for 30 second, check your heart rate

20

Practice spelling by doing a jumping jack for each letter

21

30 second plank



22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

A = 50 Jumping Jacks	N = 25 Burpees
B = 20 Crunches	O = 40 Jumping Jacks
C = 30 Squats	P = 15 Arm Circles
D = 15 Push-ups	Q = 30 Crunches
E = 1min Wall Sit	R = 15 Push-ups
F = 10 Burpees	S = 30 Burpees
G = 20 Arm Circles	T = 15 Squats
H = 20 Squats	U = 30 Arms Circles
I = 30 Jumping Jacks	V = 3min Wall Sit
J = 15 Crunches	W = 20 Burpees
K = 10 Push-ups	X = 60 Jumping Jacks
L = 2min Wall Sit	Y = 10 Crunches
M = 20 Burpees	Z = 20 Push-ups

30 Day Challenge

1 15 squats 5 bridges 10 lunges 10 sit-ups 10 crunches 10sec wall sit 20sec plank	2 20 squats 5 bridges 10 lunges 20 sit-ups 15 crunches 20sec wall sit 20sec plank	3 20 squats 5 bridges 15 lunges 5 sit-ups 20 crunches 30sec wall sit 30sec plank	4 25 squats 10 bridges 15 lunges 10 sit-ups 25 crunches 40sec wall sit 30sec plank	5 30 squats 10 bridges 20 lunges 5 sit-ups 10 crunches 50sec wall sit 40sec plank	6 30 squats 15 bridges 20 lunges 15 sit-ups 30 crunches 60sec wall sit
7 35 squats 15 bridges 20 lunges 20 sit-ups 35 crunches 70sec wall sit 45sec plank	8 35 squats 20 bridges 25 lunges 30 sit-ups 40 crunches 80sec wall sit 45sec plank	9 35 squats 20 bridges 25 lunges 90sec wall sit 60sec plank	10 40 squats 20 bridges 30 lunges 10 sit-ups 10 crunches 100sec wall sit 60sec plank	11 40 squats 25 bridges 30 lunges 40 sit-ups 50 crunches 110sec wall sit 60sec plank	12 45 squats 25 bridges 30 lunges 45 sit-ups 60 crunches 120sec wall sit 90sec plank
13 45 squats 30 bridges 35 lunges 5 sit-ups 5 crunches 130sec wall sit	14 50 squats 30 bridges 35 lunges 10 sit-ups 10 crunches 140sec wall sit 90sec plank	15 50 squats 30 bridges 40 lunges 20 sit-ups 30 crunches 150sec wall sit 90sec plank	16 55 squats 35 bridges 40 lunges 25 sit-ups 30 crunches 160sec wall sit 120sec plank	17 55 squats 35 bridges 40 lunges 40 sit-ups 50 crunches 170sec wall sit 120sec plank	18 55 squats 40 bridges 45 lunges 180sec wall sit 150sec plank
19 60 squats 40 bridges 45 lunges 5 sit-ups 5 crunches 190sec wall sit	20 60 squats 40 bridges 50 lunges 10 sit-ups 10 crunches 200sec wall sit 150sec plank	21 65 squats 45 bridges 50 lunges 20 sit-ups 15 crunches 210sec wall sit 150sec plank	22 65 squats 45 bridges 50 lunges 25 sit-ups 20 crunches 220sec wall sit 180sec plank	23 65 squats 50 bridges 55 lunges 10 sit-ups 40 crunches 230sec wall sit 180sec plank	24 70 squats 50 bridges 55 lunges 10 sit-ups 50 crunches 240sec wall sit 210sec plank
25 70 squats 50 bridges 60 lunges 15 sit-ups 60 crunches 250sec wall sit 210sec plank	26 70 squats 55 bridges 60 lunges 20 sit-ups 70 crunches 260sec wall sit	27 75 squats 55 bridges 65 lunges 270sec wall sit 240sec plank	28 75 squats 60 bridges 65 lunges 25 sit-ups 80 crunches 280sec wall sit 240sec plank	29 80 squats 60 bridges 70 lunges 30 sit-ups 90 crunches 290sec wall sit 270sec plank	30 90 squats 60 bridges 70 lunges 40 sit-ups 100 crunches 300sec wall sit 300sec plank

Multiplication

1x

1 x 0 = 0
1 x 1 = 1
1 x 2 = 2
1 x 3 = 3
1 x 4 = 4
1 x 5 = 5
1 x 6 = 6
1 x 7 = 7
1 x 8 = 8
1 x 9 = 9
1 x 10 = 10
1 x 11 = 11
1 x 12 = 12

2x

2 x 0 = 0
2 x 1 = 2
2 x 2 = 4
2 x 3 = 6
2 x 4 = 8
2 x 5 = 10
2 x 6 = 12
2 x 7 = 14
2 x 8 = 16
2 x 9 = 18
2 x 10 = 20
2 x 11 = 22
2 x 12 = 24

3x

3 x 0 = 0
3 x 1 = 3
3 x 2 = 6
3 x 3 = 9
3 x 4 = 12
3 x 5 = 15
3 x 6 = 18
3 x 7 = 21
3 x 8 = 24
3 x 9 = 27
3 x 10 = 30
3 x 11 = 33
3 x 12 = 36

4x

4 x 0 = 0
4 x 1 = 4
4 x 2 = 8
4 x 3 = 12
4 x 4 = 16
4 x 5 = 20
4 x 6 = 24
4 x 7 = 28
4 x 8 = 32
4 x 9 = 36
4 x 10 = 40
4 x 11 = 44
4 x 12 = 48

5x

5 x 0 = 0
5 x 1 = 5
5 x 2 = 10
5 x 3 = 15
5 x 4 = 20
5 x 5 = 25
5 x 6 = 30
5 x 7 = 35
5 x 8 = 40
5 x 9 = 45
5 x 10 = 50
5 x 11 = 55
5 x 12 = 60

6x

6 x 0 = 0
6 x 1 = 6
6 x 2 = 12
6 x 3 = 18
6 x 4 = 24
6 x 5 = 30
6 x 6 = 36
6 x 7 = 42
6 x 8 = 48
6 x 9 = 54
6 x 10 = 60
6 x 11 = 66
6 x 12 = 72

7x

7 x 0 = 0
7 x 1 = 7
7 x 2 = 14
7 x 3 = 21
7 x 4 = 28
7 x 5 = 35
7 x 6 = 42
7 x 7 = 49
7 x 8 = 56
7 x 9 = 63
7 x 10 = 70
7 x 11 = 77
7 x 12 = 84

8x

8 x 0 = 0
8 x 1 = 8
8 x 2 = 16
8 x 3 = 24
8 x 4 = 32
8 x 5 = 40
8 x 6 = 48
8 x 7 = 56
8 x 8 = 64
8 x 9 = 72
8 x 10 = 80
8 x 11 = 88
8 x 12 = 96

9x

9 x 0 = 0
9 x 1 = 9
9 x 2 = 18
9 x 3 = 27
9 x 4 = 36
9 x 5 = 45
9 x 6 = 54
9 x 7 = 63
9 x 8 = 72
9 x 9 = 81
9 x 10 = 90
9 x 11 = 99
9 x 12 = 108

10x

10 x 0 = 0
10 x 1 = 10
10 x 2 = 20
10 x 3 = 30
10 x 4 = 40
10 x 5 = 50
10 x 6 = 60
10 x 7 = 70
10 x 8 = 80
10 x 9 = 90
10 x 10 = 100
10 x 11 = 110
10 x 12 = 120

11x

11 x 0 = 0
11 x 1 = 11
11 x 2 = 22
11 x 3 = 33
11 x 4 = 44
11 x 5 = 55
11 x 6 = 66
11 x 7 = 77
11 x 8 = 88
11 x 9 = 99
11 x 10 = 110
11 x 11 = 121
11 x 12 = 132

12x

12 x 0 = 0
12 x 1 = 12
12 x 2 = 24
12 x 3 = 36
12 x 4 = 48
12 x 5 = 60
12 x 6 = 72
12 x 7 = 84
12 x 8 = 96
12 x 9 = 108
12 x 10 = 120
12 x 11 = 132
12 x 12 = 144



7 Side Effects of SODA

rawforbeauty.com

source: davesommers

PHOSPHORIC ACID – weakens bones and rots teeth

EXCESSIVE ARTIFICIAL SWEETENERS makes you crave more

CARAMEL COLOR – made from the chemical caramel, is purely cosmetic, it doesn't add flavor yet is tainted with carcinogens

FORMALDEHYDE – carcinogen, it is not added in soda but when you ingest aspartame, it will break down into 2 amino acids and methanol = formic acid + formaldehyde (diet sodas)

HIGH FRUCTOSE CORN SYRUP is a concentrated form of sugar, fructose derived from corn. It increases body fat, cholesterol and triglycerides and it also makes you hungry

POTASSIUM BENZOATE = preservative that can be broken down to benzene in your body. Keep you soda in the sun and benzene = carcinogen

FOOD DYES = impaired brain function, hyperactive behavior, difficulty focusing, and lack of impulse control

WATER

COMPOSES 75% OF YOUR BRAIN

REGULATES YOUR
BODY TEMPERATURE

MAKES UP 83%
OF YOUR BLOOD

REMOVES
WASTE

COMPOSES 22%
OF YOUR BONES

CUSHIONS YOUR
JOINTS

HELPS CARRY
NUTRIENTS
AND OXYGEN
TO YOUR
CELLS

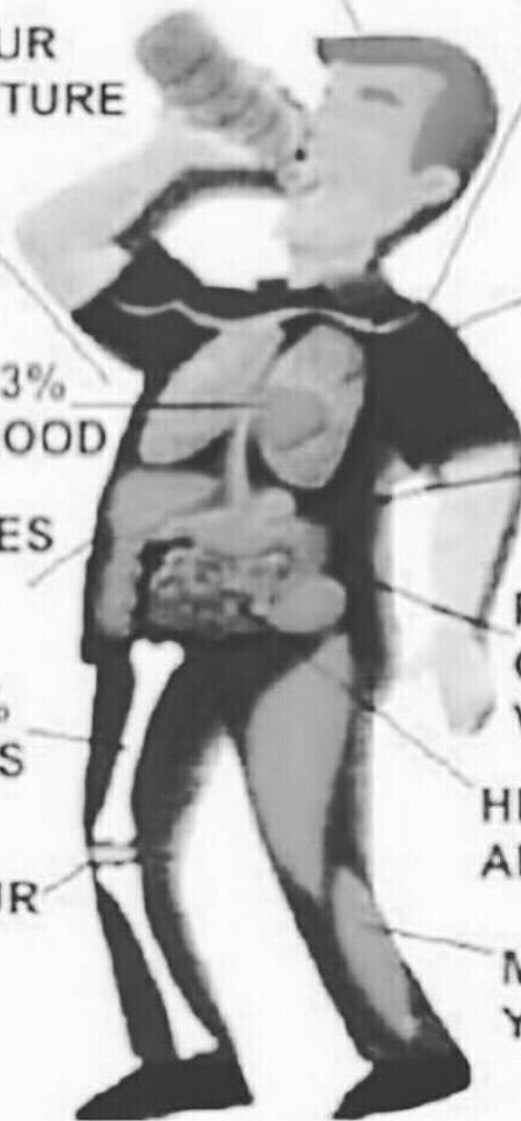
MOISTENS
OXYGEN
FOR BREATHING

HELPS CONVERT
FOOD TO
ENERGY

PROTECTS AND
CUSHIONS YOUR
VITAL ORGANS

HELPS YOUR BODY
ABSORB NUTRIENTS

MAKES UP 75% OF
YOUR MUSCLES



Water or Coke?



Water or Coke? We all know that water is important but I've never seen it written like this before.

Water:

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even **mild** dehydration will slow down one's metabolism as much as 30%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

And now for the properties of COKE:

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

Important Information:

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for **highly** corrosive materials.
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!
4. At the animal shelters, it is used coke to remove calcium deposits from the water pans about every 6 months.

Since you know the facts, the question is would you like a glass of water or coke?



THE PUSH-UP/ABDOMINAL CLUB

Lewis & Clark Elementary School
10242 Prince Drive, Saint Louis, MO 63136



Students are required to do the push-up & abdominal crunch challenge daily in order to stay in the club and to advance to the next level. Students have "24 hours" to complete the daily challenge Mon-Fri for 30 days!!!

50/50 CLUB

THE IRON MAN CLUB

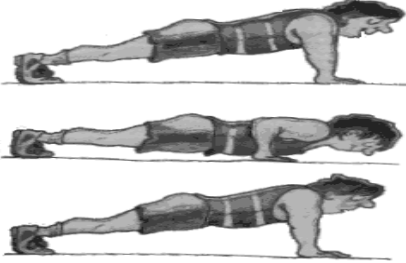
100/100

THE HULK CLUB

200+/200+

The Push Up Challenge:

1. Assume a prone position on the floor with your body weight supported by your hands and balls of your feet.
2. Your hands should be placed in line with your shoulders and your fingers should be pointed in at a 45 degree angle.
3. Lower your body until your chest nearly touches the floor then raise yourself.



The Abdominal Crunch Challenge:

1. Lie face up on the floor with your knees bent. Place your feet flat on the floor at hip-distance apart and approximately 1 foot from your bottom.
2. Tilt your hips slightly upward to flatten your lower back against the floor. Bend your elbows and place your hands across your chest.
3. Look toward the ceiling, as if you have an orange between your chin and your chest. Maintain your neck and elbow positions throughout the crunch.
4. Tighten your abs by pulling your navel toward your spine. Exhale, and raise your torso until your shoulder blades leave the floor.



50/50 CLUB		THE IRON MAN CLUB		THE HULK CLUB	
Name:	Grade:	Name:	Grade:	Name:	Grade:
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	
6.		6.		6.	
7.		7.		7.	
8.		8.		8.	
9.		9.		9.	
10.		10.		10.	
11.		11.		11.	
12.		12.		12.	
13.		13.		13.	
14.		14.		14.	
15.		15.		15.	
16.		16.		16.	
17.		17.		17.	
18.		18.		18.	
19.		19.		19.	
20.		20.		20.	
21.		21.		21.	
22.		22.		22.	
23.		23.		23.	
24.		24.		24.	
25.		25.		25.	
26.		26.		26.	
27.		27.		27.	
28.		28.		28.	
29.		29.		29.	
30.		30.		30.	



THE 30 DAY VEGGIE/MILK CHALLENGE

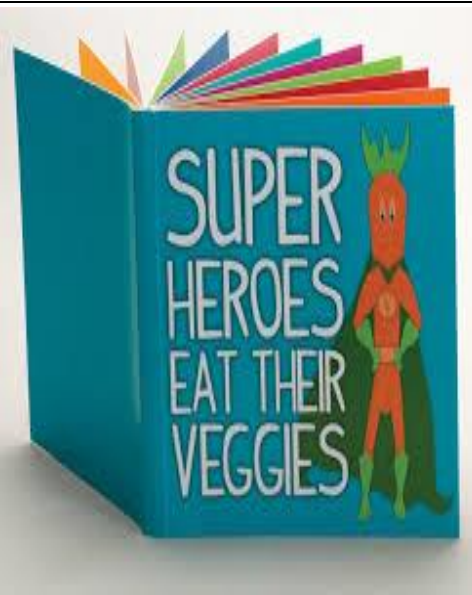


Lewis & Clark Elementary School
10242 Prince Drive, Saint Louis, MO 63136

Students are required to eat all their vegetables and drink all their milk at lunch for 30 days to be a "Healthy Kid Winner".

Veggie Challenge

Milk Challenge



Name:		Grade:	Name:		Grade:
1.			1.		
2.			2.		
3.			3.		
4.			4.		
5.			5.		
6.			6.		
7.			7.		
8.			8.		
9.			9.		
10.			10.		
11.			11.		
12.			12.		
13.			13.		
14.			14.		
15.			15.		
16.			16.		
17.			17.		
18.			18.		
19.			19.		
20.			20.		
21.			21.		
22.			22.		
23.			23.		
24.			24.		
25.			25.		
26.			26.		
27.			27.		
28.			28.		
29.			29.		
30.			30.		