

PE Week 7

3rd-6th Grade:

With the last few weeks upon us, we are winding down for the summer. But for the next weeks lesson, I want to make some important comments for you to always keep in mind. Exercise is extremely important in not just making us look good, but feel good, and make us healthy on the "in side" of our body. Each one of us needs to be responsible for our self, because the exercise you do at your age now, can impact your health the rest of your life. By this virus coming around, people that were unhealthy were the ones who were the most sick, and many died. Most of us never pay attention to what we eat, how much water we drink a day, how much exercise we do per day, how many hours of sleep we get each day. And also extremely important, how much we smile each day. You know Coach always jokes around, makes funny comments, it;s to get some of you guys laughing, it makes the body healthy, keeps our stress we all have daily away. So, here is the plan, my lesson for you guys to do.

I want you to write down 3 days worth of information. I want you to keep track of some major things you do/don't do daily. By doing this, you will understand this word, WELLNESS. I want you to look up the definition of WELLNESS, and compare your 3 days of information, and ask yourself, am I on the correct path to a wellness lifestyle. Here are the things I want you to chart.

1. How much water did I drink today?
2. How much did I sleep today? Hours?
3. How much fruit and veggies did I eat today? Did I eat junk food today like candy, chips etc.
4. How much exercise did I do today?
5. How much did I smile today?
6. How many compliments did I give today to someone? This makes us feel good seeing other smile.

7. Did I look in the mirror at myself before going to bed, and ask myself, am I satisfied with me today? Am I happy with all I accomplished today? Am I a better person today than I was yesterday. Do I love and appreciate who I am, the kind of person I am.
8. Most important one: Did I appreciate something today that was FREE. Not something that was paid for, or given to you by another human, but something that you are lucky to have that costs nothing. Maybe it;s having 2 arms, while someone may have lost a limb. Maybe it;s walking, or breathing the air that keeps us alive.

PLEASE SHARE ON GOOGLE CLASSROOM FOR OTHERS TO SEE. YOU MIGHT INSPIRE OTHERS, GIVE THEM TIPS, OR, YOUR INSPIRATION TO SOMEONE ELSE COULD CHANGE OR MAKE A DIFFERENCE IN THEIR LIFE.

Kindergarten-2nd Grade

I want you to understand what it means to have a healthy life. A healthy life is eating good foods, and not foods that are not really good for us like candy, chips soda. A healthy life is about getting enough sleep at night. It;s about exercising every day. Smiling is very important, it help us to not feel stressed out and angry. Drinking lots of water every day is so important. Eating healthy foods like vegetables and fruits are so important. Did you take care of your hygiene , that means, brushing your teeth every day two times, and taking a bath or shower every day.

- Parents, this is probably one of the most important things we can do for our children. Teach them that growing up and becoming a healthy adult, starts as a child and how they take care of their self. Teach them that hygiene is important, it can keep diseases from forming on or in them. Teach them can giving someone a compliment each day will help them see others be happy, but making others laugh and here

something nice from them, it will also make them happy and smile.

- Lesson:

For 3 days, I want you/and parents please help your child, write down for 3 days, your daily habits. Discuss this after 3 days with them, and let them tell you, is this going to help me get healthy, or do I need to be better taking care of "ME".

1. Did i get good sleep, or am I tired today?

2. Did I drink lots of water today?

3. Did I have vegetables and vegetables today?

4. Did I smile today, and did I make someone else smile today by saying something nice to them.

5. Did I exercise today?

6. Did I look in the mirror before bedtime, and did I ask myself, am I happy about who I am. Do I love me? Am I important? Every answer should be YES. Please work with your kids, that this is the most important area to work on. Let your child know that they are important.