**HHS PE Teachers**

**Activities**

**My website:** [**https://www.thephysedexpress.com/**](https://www.thephysedexpress.com/)

\*The following are activities that can be implemented and still adhere to the social distancing/COVID-19 safety protocols.

1. Walking the perimeter of the gym (students can be social distanced and have a cohort walk the perimeter for a specific time and switch out with another cohort afterwards.
2. Stretching skills can be taught to allow students to practice stretching while staying in their own socially distanced spot.
3. Yoga skills can be taught to allow students to practice yoga, relaxation, and breathing techniques while staying in their own socially distanced spot.

-We have a yoga instructor that we can bring out to HHS to teach a yoga session to students and might be able to arrange having her come out more than once.

1. USA Karate is able to come out to teach socially distanced skills/techniques to students. We can arrange for them to come visit (possibly more than once).
2. Jump rope skills can be taught and students can remain in their socially distanced spots while performing various skills.
3. SWORKIT exercise program is available for free and has hundreds of exercise videos and activities that can be done. Students can perform the exercises in their own socially distanced spots.
4. Games and activities that can be done:

-Throwing & catching skills with a partner or small group (they can be socially distanced and practice throwing/catching skills) This could be a lead-up for larger activities, such as team hand ball that could be done in the gym.

-Basketball drills could be done in small groups or with a partner and still remained socially distanced. This could be a lead-up for larger game or activities, such as Around the world, basketball knock-out, small sided games of 3 v 3.

-Perform a fitness assessment. Students can test themselves on the various fitness related skills or you could create your own fitness assessment, such as push-ups, sit-ups, PACER style runs, planks, etc.