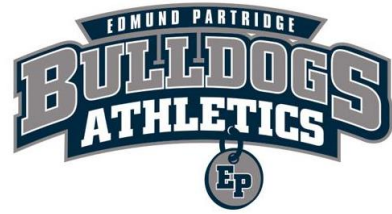


March 17th, 2020

As the Physical Educators of EP we have prepared a number of activities for our Bulldogs to keep healthy and active while at home to maintain (and maybe even improve) their health and fitness.



Physical Activity Logs

- While classes have been suspended, we are asking each of our students to keep a Physical Activity Log (at the end of this document) until such time as we return to normal classes.
- The goal for this will be to meet the 24 Hour Movement Guidelines (referenced below) which includes 60 minutes of moderate to vigorous physical activity daily.
- We also challenge you to limit screen time to no more than two hours each day!

****These logs will be returned to your child's Phys Ed Teacher upon return to regular classes.**

- If you are unable to print a copy of the log sheet provided, please record on a piece of paper and include at minimum:
 - Date, Type of Activity, Duration & Intensity Level.

Activities

To meet the goal of daily 60 minutes of moderate to vigorous physical activity, we have prepared a few resources to choose from:

- Bulldog Fitness Calendar
- Deck of Cards Fitness
- Bulldog Bingo 1
- Bulldog Bingo 2

Many of the options we have prepared are fitness focused as these are activities that can be performed with little to no equipment and can be performed by anyone at any point during the day. Activities adding up to the 60 minutes can be performed in a number of bursts throughout the day to add up. The more activity the better!

- Other options you may want check out to get you and your family active:
 - Nike Training App
 - [Cosmic Kids Yoga](#) (Youtube)
 - [Would You Rather Fitness](#) (Youtube)
 - [Open Phys Ed Dances](#) (Youtube)

Keep healthy, stay safe, and we look forward to the return to regular activities,

Carrie Snelling, Jeff Regan, Graham Forsyth
Edmund Partridge Physical Educators

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUTH:

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

These guidelines are relevant to apparently healthy children and youth (aged 5–17 years) irrespective of gender, race, ethnicity, or the socio-economic status of the family. Children and youth are encouraged to live an active lifestyle with a daily balance of sleep, sedentary behaviours, and physical activities that supports their healthy development.

Children and youth should practice healthy sleep hygiene (habits and practices that are conducive to sleeping well), limit sedentary behaviours (especially screen time), and participate in a range of physical activities in a variety of environments (e.g., home/school/community; indoors/outdoors; land/water; summer/winter) and contexts (e.g., play, recreation, sport, active transportation, hobbies, and chores).

For those not currently meeting these 24-hour movement guidelines, a progressive adjustment toward them is recommended. Following these guidelines is associated with better body composition, cardiorespiratory and musculoskeletal fitness, academic achievement and cognition, emotional regulation, pro-social behaviours, cardiovascular and metabolic health, and overall quality of life. The benefits of following these guidelines far exceed potential risks.

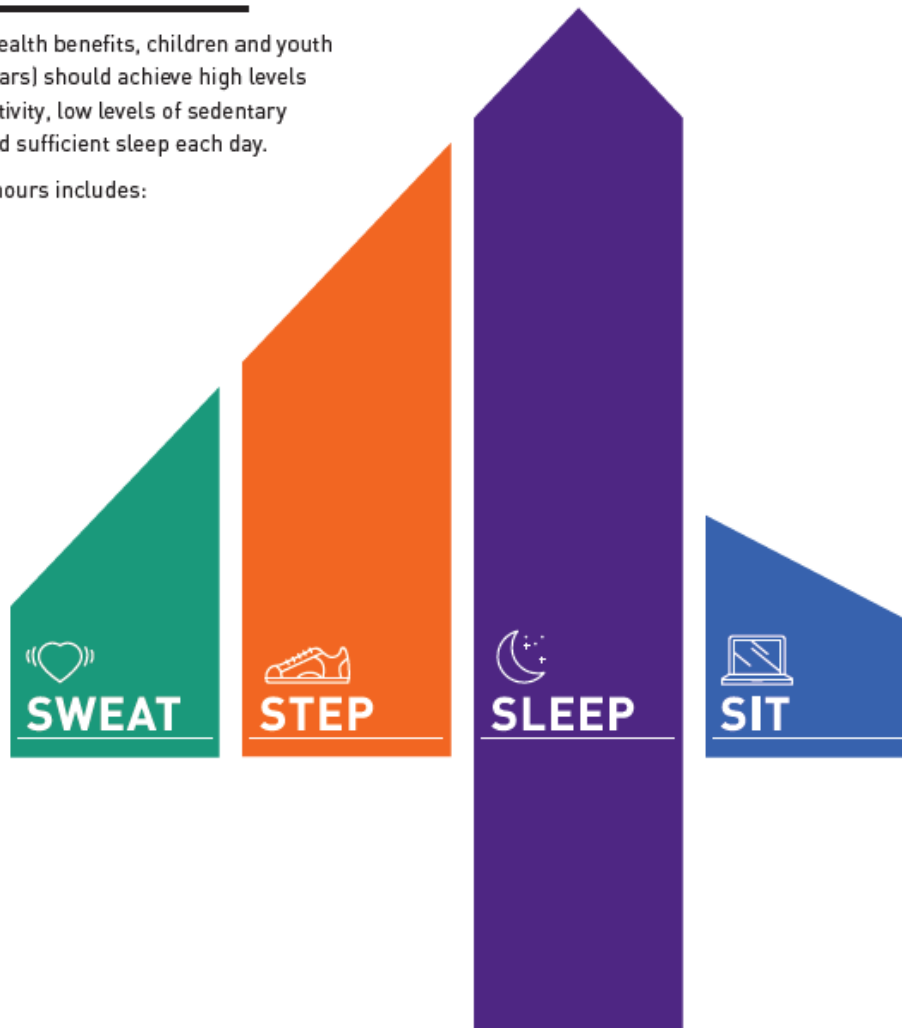
These guidelines may be appropriate for children and youth with a disability or medical condition; however, a health professional should be consulted for additional guidance.

The specific guidelines and more details on the background research informing them, their interpretation, guidance on how to achieve them, and recommendations for research and surveillance are available at www.csep.ca/guidelines.

GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.



Bulldog Bingo #1

Have a parent/guardian initial each square as you complete it! Get a blackout (all squares covered) and return to Mr. Forsyth, Mr. Regan, or Ms. Snelling to be put in a draw for a prize!

Go for a 10 minute walk.	Read at least 20 pages in a book.	Cook one new healthy recipe with your family	Do 6 laps around your home.	Eat 3 cups of veggies in a day.
Try something new! Write below: _____	30 jumping jacks	10 push ups 20 squats 30 curl ups	Play outside for 20 minutes.	20 Lunges (alternate legs) 20 Calf Raises (up on your toes)
30 catches with a ball or item of your choice	Your choice of fitness based activity for 20 minutes		Go for a 20 minute walk.	Play a game with your family. (cards, sport, board game, etc.)
45 second plank	Play outside for 20 minutes	Eat 3 cups of veggies in a day	Read at least 10 pages in a book.	10 push ups 10 Curl Ups 10 Squats 10 second Butterfly Stretch
Give a compliment to each person in your house.	Jog in place for 1 minute	Your choice active activity For 10 minutes	Drink at least 5 cups of water in a day.	Help clean at least one room in your home.



Bulldog Bingo #2

Have a parent/guardian initial each square as you complete it!
 Try to get at least a bingo (5 across, up and down, or diagonal). If you get a blackout (all squares covered), you can return it to Mr. Forsyth, Mr. Regan, or Ms. Snelling to be put in a draw for a prize!

<p>Cardio</p> <p>Run 3 laps around your house or driveway.</p>	<p>Strength</p> <p>Sing a song to a friend or family member while doing push ups.</p>	<p>Cardio</p> <p>Jog in place for 30 seconds.</p>	<p>Strength</p> <p>Do 5 Burpees and 10 sit-ups..</p>	<p>STRETCH</p> <p>Listen to a song and dance like crazy!! Get ready!!</p>
<p>Strength</p> <p>Seal walk around the room.</p>	<p>Cardio</p> <p>Design a fun new exercise to show everyone!</p>	<p>Cardio</p> <p>Play outside for 30+ minutes</p>	<p>STRETCH</p> <p>Arm circles forwards and backwards (15 seconds each).</p>	<p>Strength</p> <p>10 Push-Ups 10 Sit-Ups 10+ second plank.</p>
<p>Strength</p> <p>Ask a friend or family member to do partner push-ups with you.</p>	<p>Strength</p> <p>Balance on one foot for 20 seconds, then repeat with the other.</p>		<p>Cardio</p> <p>Take a listening walk (outside or inside). What sounds do you hear?</p>	<p>Cardio</p> <p>Bounce, toss, or dribble a ball for 2 minute. If you mess up, just pick up where you were.</p>
<p>Cardio</p> <p>Do 15 jumping jacks and jog in place for 1 minute</p>	<p>STRETCH</p> <p>Do V-stretches for 10 counts on both legs and to the center</p>	<p>Strength</p> <p>Do a Cosmic Kids Yoga video on YouTube</p>	<p>Cardio</p> <p>Skip around your house or area 3 or more times.</p>	<p>Strength</p> <p>Do 10 lunges on both sides and 10 side leg lifts on both sides.</p>
<p>STRETCH</p> <p>Do 20 arm circles with each arm, forwards and backwards.</p>	<p>Cardio</p> <p>March in place for 3 minutes and 15 jumping jacks.</p>	<p>Cardio</p> <p>Do high knees and jumping jacks for 1 minute each.</p>	<p>Strength</p> <p>Hop in place and sing the ABCs. Switch and do it with the other leg.</p>	<p>STRETCH</p> <p>Pull up each leg behind you for 10 seconds each..</p>

Deck of Cards Fitness Activity



Squats



Push Ups



Burpees



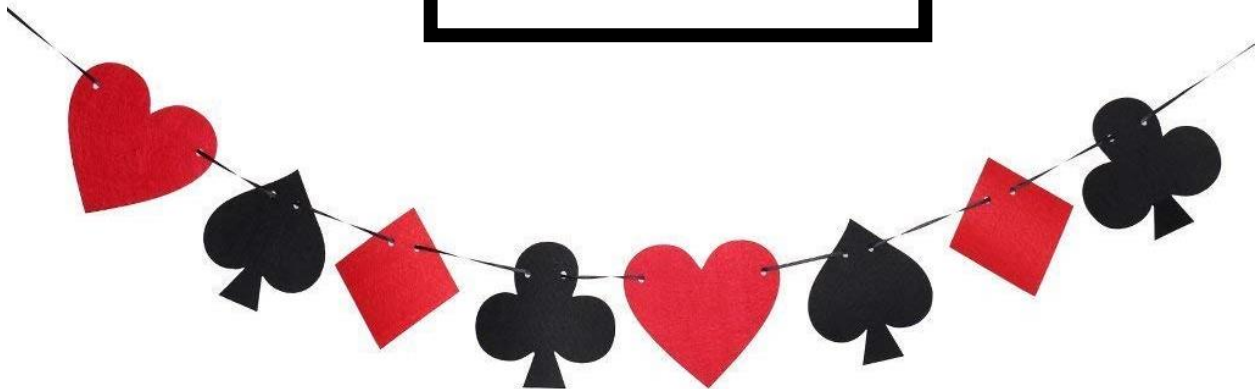
Crunches

How to play:

- Draw a card and complete the exercise that matches the suit.
- If playing alone, draw 13 cards.
- If playing with someone else, each of you draw 13 cards.
- If you can get four people to play, finish the entire deck of cards!

Number of Repetitions:

- 1-10 → card value
- J → 11 repetitions
- Q → 12 repetitions
- K → 13 repetitions
- Joker → 20 repetitions





March/April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16 30 minute walk with Family Member	17 20 Jumping Jacks 18 Lunges 16 Sit Ups 14 Plank Jacks 12 Supermans 10 Push Ups (repeat 3x)	18 30 second wall sit 45 second plank 1 minute run in place 45 second plank 30 second wall sit (repeat 3x)	19 20 seconds skaters 18 seconds side planks 16 seconds bear crawl 14 seconds plank ups 12 seconds v-sit (repeat 3x)	20 10 burpees 15 bird dogs 20 plank reaches 25 mountain climbers (repeat 3x)	21 Help your family create a healthy meal!
22 Play a game or sport that works on hand-eye coordination. (throwing/catching activities)	23 30 minute walk with Family Member	24 20 Jumping Jacks 18 Lunges 16 Sit Ups 14 Plank Jacks 12 Supermans 10 Push Ups (repeat 3x)	25 30 second wall sit 45 second plank 1 minute run in place 45 second plank 30 second wall sit (repeat 3x)	26 20 seconds skaters 18 seconds side planks 16 seconds bear crawl 14 seconds plank ups 12 seconds v-sit (repeat 3x)	27 10 burpees 15 bird dogs 20 plank reaches 25 mountain climbers (repeat 3x)	28 Help your family create a healthy meal!
29 Play a game or sport that works on different ways to move. (running/walking/speeds, heights, jumping)	30 30 minute walk with Family Member	31 20 Jumping Jacks 18 Lunges 16 Sit Ups 14 Plank Jacks 12 Supermans 10 Push Ups (repeat 3x)	1 30 second wall sit 45 second plank 1 minute run in place 45 second plank 30 second wall sit (repeat 3x)	2 20 seconds skaters 18 seconds side planks 16 seconds bear crawl 14 seconds plank ups 12 seconds v-sit (repeat 3x)	3 10 burpees 15 bird dogs 20 plank reaches 25 mountain climbers (repeat 3x)	4 Help your family create a healthy meal!
5 Play a game or sport that works on aiming at a target. (bowling/bean bag toss)	6 30 minute walk with Family Member	7 20 Jumping Jacks 18 Lunges 16 Sit Ups 14 Plank Jacks 12 Supermans 10 Push Ups (repeat 3x)	8 30 second wall sit 45 second plank 1 minute run in place 45 second plank 30 second wall sit (repeat 3x)	9 20 seconds skaters 18 seconds side planks 16 seconds bear crawl 14 seconds plank ups 12 seconds v-sit (repeat 3x)	10 10 burpees 15 bird dogs 20 plank reaches 25 mountain climbers (repeat 3x)	11 Help your family create a healthy meal!

Date	Activity	Time of Activity (Duration)	Intensity (light/moderate/vigorous)	Heart Rate (bpm) During Activity	Heart Rate (bpm) After Activity
March 19					
March 20					
March 21					
March 22					
March 23					
March 24					
March 25					
March 26					
March 27					
March 28					
March 29					
March 30					
March 31					
April 1					
April 2					
April 3					
April 4					
April 5					
April 6					
April 7					
April 8					
April 9					
April 10					

