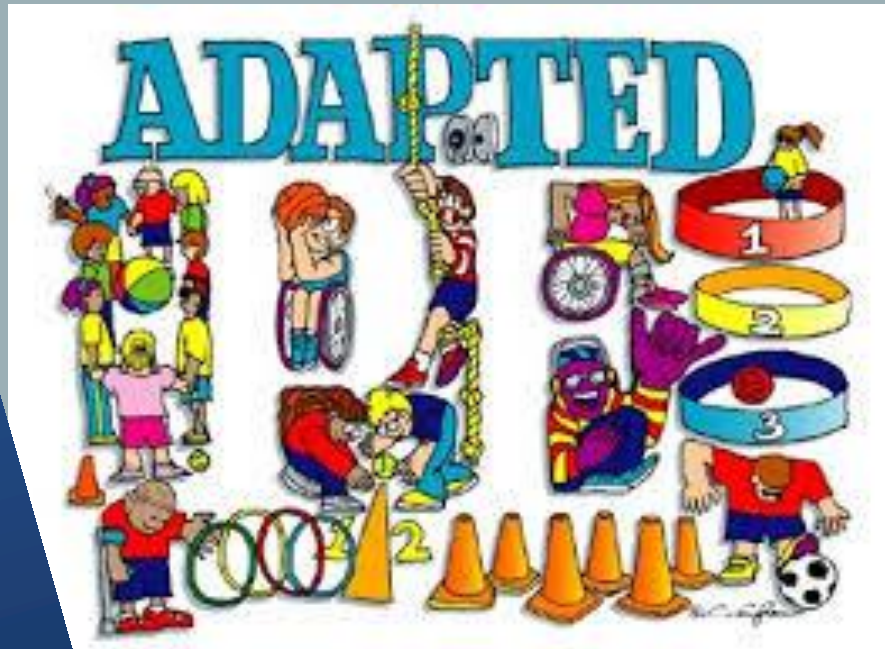
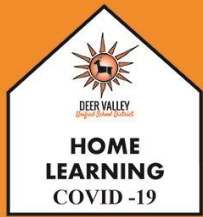


WORKOUT AND ACTIVITIES/VISUALS WEEK OF APRIL 27



From Your Adapted PE Teachers!

It is recommended that students are supervised during physical activities for appropriate and safe participation.



USE THE VIDEO LINK BELOW - SUPERHERO WORKOUT
OR
USE THE SLIDES 3 THROUGH 9



A fun video exercise for kids! If some of the exercises are too difficult, simplify to what the student is able to do. (for example spidey-kicks in this video are done in a crab walking position... maybe just kick the legs while standing)

For wheelchairs/low mobility: Focus on the arm/hand movements. For leg exercises, look to use the arms to “kick.” Print out Avenger characters and have the student lift up the Avenger working out on the video. Any purposeful movement is good!

HAVE FUN with it!

<https://safeyoutube.net/w/2Km8>

And REMEMBER... if the Superhero Workout does not work for you, but a past workout or activity did... You can ALWAYS return to any activity from any week... We just want you to move, have fun, and be active!



BATMAN REACHES FOR THE EARTH



Count to 10

Possible adaptations: reaching down, hands do not have to touch the ground; for a wheelchair, reach as far away from your body as possible – up, down, or in any direction: **ACT IT OUT** and be Batman!

HULK & BATMAN

REACH TO THE FRONT



Count to 10

Possible adaptations: reaching forward, hands do not have to fully stretch out; use a wall to touch; for a wheelchair, reach as far away from your body as possible – forward up, down, or in any direction; **ACT IT OUT** and be The Hulk or Batman! (be a nice hulk 😊)

SUPERMAN & SPIDERMAN REACH HIGH



Count to 10



Possible adaptations: reaching up, hands do not have to come together; for a wheelchair, reach as far away from your body as possible – up, down, or in any direction; ACT IT OUT and be Superman or Spiderman!

STORM & SPIDERMAN REACH OUT WIDE (AIRPLANE)



Count to 10

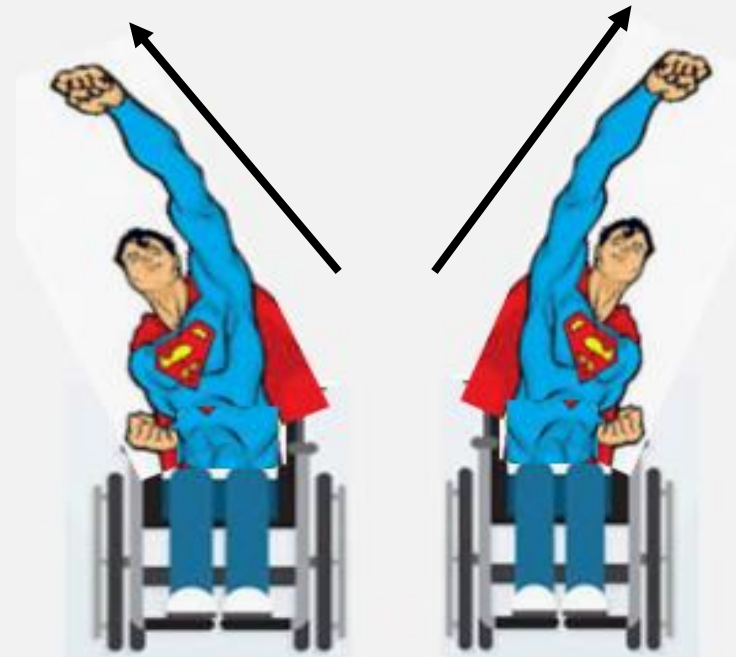


Possible adaptations: reaching out wide, hands do not have to fully stretch out; use a wall to touch; for a wheelchair, reach as far away from your body as possible – forward up, down, or in any direction; **ACT IT OUT** and be Storm or Spiderman!

THOR & SUPERMAN! STRETCH TO THE SIDE



Count to 10
for each side

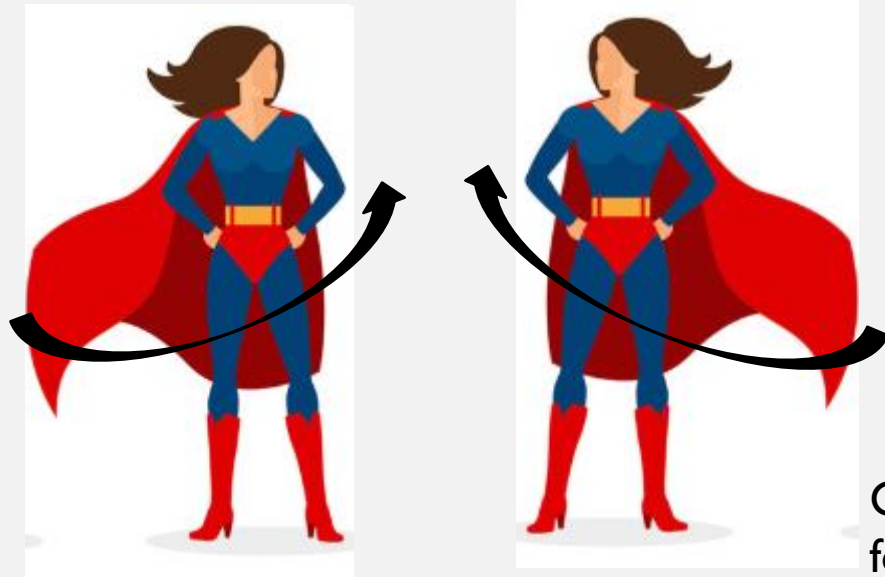


Possible Adaptations: keep it simple... wave with either hand; look to the left, then look to the right; ACT IT OUT and be Thor or Superman!



SUPERWOMAN & SUPERMAN

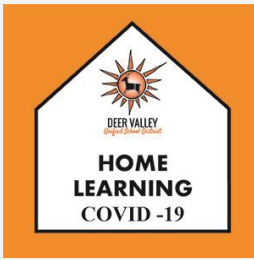
TWIST AND SHOUT! 😊



Count to 10
for each side



Possible Adaptations: sit on the floor and twist; look to the left, then look to the right. Remember to have fun with this and SHOUT your favorite animal, ice cream flavor, food, etc.. OR play the song “Twist and Shout” and dance! OR Act it Out and be Superwoman or Superman!

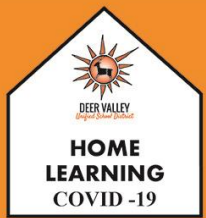


ELASTIGIRL! CROSS YOUR ARMS



Count to 10
for each side

Adaptation Ideas: sit while crossing your arms, curl one arm, or attempt to cross midline to the other side of your body with the other arm OR if you have seen the Incredibles – pretend to be your FAVORITE Incredible!



WE WANT TO MOVE! SO LET'S RUN, WALK, OR PROPEL!



RUN – 3 laps in your backyard / around the house OR in place for 2 minutes
WALK – 3 laps in your backyard / around the house OR in place for 2 minutes
PROPEL – 3 times from one side of the room to the other side of the room

Adaptation idea: If the student is wheelchair bound and unable to propel themselves, push the student around to explore, race around, etc... If the student is able to point in a direction, turn in the direction the student points so they have control!

WEEKLY ACTIVITY THEME

**LET'S
GET
MOVING**



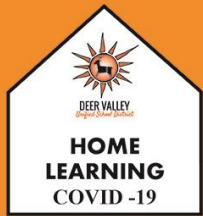
BELOW WILL BE SOME EXAMPLES OF
MOVEMENT ACTIVITIES. FEEL FREE TO ADD
MUSIC TO MAKE THINGS EVEN BETTER!

OBSTACLE COURSE!

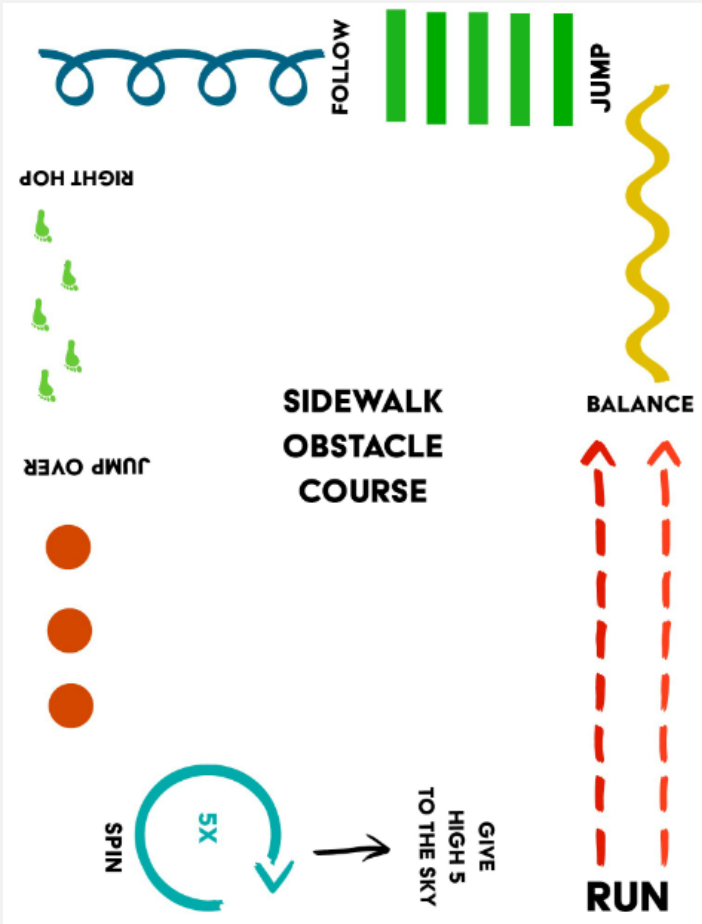


Creating an obstacle course doesn't have to be difficult. Find objects in, around, or outside the house that are safe for use. Create a course that allows students to go over things, under things, around things, performing a skill (such as tossing a sock into a bucket), etc... set up and start and finish... then **READY, SET, GO!!!**

Adaptation Ideas: race family members, race against time, work together to make it through the course, help our student through the course, simplify tasks, use verbal and gestural cues, etc...



SIDEWALK OBSTACLE COURSE!



Look to the right →

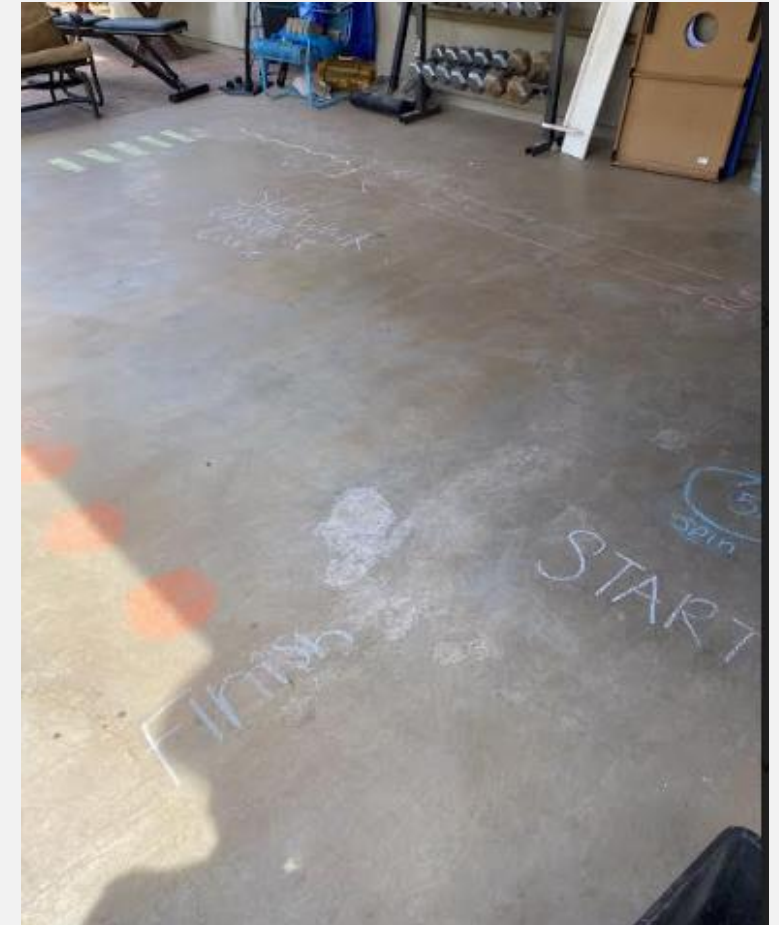
This is the same one completed by a DVUSD Student!

Located on their patio, but could be done on a driveway, or in a straight line on a sidewalk.

Adaptation ideas: walk instead of run, help guide the student through it, walk around, on, or into drawings. For wheelchairs, push student or have student propel around, on, or into drawings and complete tasks.

Get Creative!

And let the student help draw!!!



For a video showing an example of a sidewalk chalk routine, click on the link (it does not have to be as long as this one):

<https://www.youtube.com/watch?v=prugmEAXxLM>



MORE SIDEWALK CHALK! CREATE A GAME!

Bean Bag Target Games



Adaptation Ideas: you don't have to use bean bags... you can use rolled up socks, stuffed animals, anything that is light and won't roll away.

Hopscotch



Adaptation ideas: use anything to throw that is light and won't roll away. Just jump, just count, just walk to the number, etc...

Four-Square



Adaptation ideas: create as many squares as there are people so everyone can play! Allow to catch and toss, allow to bounce many times; no outs rotate to new square no matter what.

DANCING!



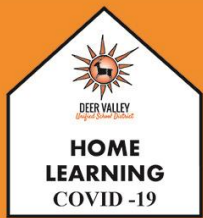
Adaptation Ideas: Turn on the music and let it loose! ; create a new dance move; create a dance routine; listen to a song that has directions to it for movement such as “cha-cha slide.” ; wiggle only your arms, your legs; clap to the beat; tap to the beat with fingers, feet, etc...

RACES! READY, SET, GO!



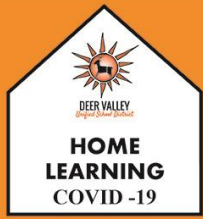
Adaptation ideas: Race to put an object from one side of the room/yard to the other side. Have enough to do teams? Create a relay-race! Create a race track outside and run, walk, skip, hop, jump, etc... to race! Race the clock, can you keep getting a faster time?! Use a rope and a partner and have a three-legged race. Balance objects.

Wheelchair/Low Mobility: Have someone push and another person pushes a wheelbarrow or something else... make it “competitive” for fun. Red light, green light and freeze! Race by crawling.



WEEKLY RESOURCE

BELOW YOU WILL FIND AN ONLINE
RESOURCE FOR MOVEMENT OR GAMES



DVUSD P.E. TEACHERS SHARE!

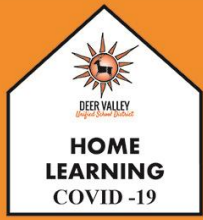


A DVUSD PE Teacher has made a playlist of JUST DANCE videos that students can imitate and dance to!

<https://www.youtube.com/playlist?list=PLgWkgEsS5aLAKQXouFeJensE-sv63Pd6W>

Click on the link above to go to the website and HAVE FUN!

The Deer Valley Unified School District and Staff neither sponsors or endorses the businesses listed. We are providing this information as a service to the community. All families should conduct their own inquiries to determine whether to make use of these programs.



DVUSD P.E. TEACHERS SHARE!



DVUSD - Online PE
3 subscribers

A DVUSD PE Teacher from Desert Mountain School has been making videos for possible ways to be active and still learn PE at home! Give it a try!

https://www.youtube.com/channel/UC_78gtyGFX_4xen5pR35ROA/playlists?view_as=subscriber

Click on the link above to go to the website and HAVE FUN!

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