PAVE
SE RALEIGH, NC
Building Citizens and Scholars Brick by Brick

Espanol Aqui

Parents,

Please use the schedule below as a guideline for your scholar to continue to learn things taught in physical education class at PAVE Southeast. These activities are for **3rd-5th** grade scholars. I also encourage you to participate with your scholar. Here are some other movement activities your scholars can do:

- Youtube- Gonoodle
- Youtube- Just Dance
- Youtube -Cosmic Kids Yoga
- Virtual Recess - Daily- 12pm- Morning stretches/warm up , 2pm- Recess game and 4pm- Afternoon cooldown
- Play at home

If you have any questions or concerns, please reach out via Classdojo.

Coach China

Week of:	Learning Topic	Resources
March 30th 3rd-5th	Fitness: Kids beginners workout Complete food log starting date March 30th - April 4th	https://www.youtube.com/watch?v=L_A_HjHZxfI&t=6s Eating Log ***If you do not have a printer, click the link and then open as a google document and you will be able to type your activity in.**
April 6th 3rd-5th	Health: Healthy eating Start on April Dream Calendar	https://www.youtube.com/watch?v=mMHVEFWNLMc&t=9s Nutrition Facts Labels - How to Read - For Kids - Dr. Smarty How to Create a Healthy Plate April Dream Calendar .docx
April 13th 3rd-5th	Fitness: Yoga poses (Stretches) April Dream Calendar Complete food log starting date April 13th -April 18th	10 yoga poses for kids | Cosmic Kids Yoga Compilation 6 Kids Yoga poses that begin with the letter S! 🐍🏄‍♀️⭐🥪🐬🕷️ April Dream Calendar .docx Eating Log
April 20th 3rd-5th	Health: Personal hygiene April Dream Calendar	Germ Smart - Wash Your Hands! Tooth Brushing Song by Blippi | 2-Minutes Brush Your Teeth for Kids April Dream Calendar .docx
April 27th 3rd-5th	Complete Food log starting date April 27th- May 2nd April Dream Calendar	Eating Log April Dream Calendar .docx

May 4th 3rd- 5th	2 week activity log	**English Log** Activity Log .docx **Spanish Log** Spanish Activity Log .docx
May 11th 3rd-5th	Activity log	**Continue working on Activity log**