April 13, 2020

Hello James Bay Families,

I hope this reaches you safe and well. Every week I will be sending out a weekly overview of physical activities that students and families can participate in. During these extraordinary times I also want to extend my support to parents. If you are struggling to find things to keep yourself physically active and are searching for resources please do not hesitate to contact me via email [kfreire@sd61.bc.ca](mailto:kfreire@sd61.bc.ca) and I will do my best to support you. If you happen to find that you and your child would like more resources than the weekly overview provides please contact me and I can do my best to provide supplementary resources.

As this online learning is new for everyone I wanted to start our first week off simple. I have compiled a list of online resources as a kick off point. It is my hope that you can use these resources not just this week but throughout the duration of our time spent away from school. This first week you do not need to try all the suggested websites. Have a look through them and see which you like the best. I would suggest at least 30 min a day.

On a personal note, if your child has not already told you, I am expecting my second child in August. I know there were some students who were anxiously waiting to hear the gender of the baby. Please go ahead and let them know that I am expecting a boy!

I hope you find these weekly snapshots helpful. I know personally, movement has really helped me to clear my head and stay well during this uncertain time.

All the best!

-Kathryn Freire (my last name is pronounced FRAIDY like a fraidy cat)

**List of online resources**

**Body Coach TV –** A great collection of videos. These activities are ones that could be done with the whole family. Parents you will get a great workout as well. Some of the videos contain jumping or movements that might create a lot noise for downstairs neighbours. You can modify these movements by simply stepping quietly or skipping the move all together. If you are in a space where you are worried about neighbours, challenge yourself to see how quiet you can be with these movements.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

When you get to this link click on playlists. The following playlist are ones I would recommend.

**Active 8- 8 minute workouts for kids**

**Five Minute Move-Short Energizing workouts for kids**

**Kids workouts to do at home (this one has some overlap from other playlists)**

**PE with Joe Week 1-3 \*These vicesos are great for very active students. All the moves are something that all students could try but ideally grade 3-5. They are 30 min workouts.**

**Cosmic Kids Yoga-** This has definitely been a favou

rite in my household. These program can fit students of all ages. It may appear to be just for the younger children but there are classes on topics from Disney’s Frozen to Harry Potter to farm animals. You can click on the link below and explore.

<https://www.youtube.com/user/CosmicKidsYoga>

**Go Noodle-** This is a resource that may of the students are familiar with using in their classrooms. Go Noodle has a variety of activities. You can find information about Go Noodle by clicking on their website <https://www.gonoodle.com/> or you can check them out on You Tube <https://www.youtube.com/user/GoNoodleGames>. Some of the videos combine learning concepts from math or Language arts with movement.

**Little Sports –** Animated fitness videos. Could be used for all ages but K-3 would probably enjoy it the most.

<https://www.youtube.com/channel/UCTIwFB4ciFi5ZCIu-VlwaOg>

**Glen Higgins Fitness**

<https://www.youtube.com/watch?v=v4kl0dWOAjg&list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJIDa>

This website is great for students K-5. The videos are very entertaining. The leader dresses up as superheroes or star wars characters and does workouts for kids.