

Physical Education News

Dear St. Gabriel's Families –

We are thinking about each and every one of you during these challenging times. We wanted to provide some fitness activities/resources in order to best facilitate “distance learning” over the next couple of weeks.

We are encouraging students to try and do the best they can to get 30-60 minutes of physical activity each day, and we hope the activities provided will help to get you up and moving during these unique times. Please feel free to adjust these activities to best suit your families' schedule and resources (you can even get creative, use those Art and S.T.E.A.M. skills, and build your own P.E. equipment).

In order to help supplement your fitness learning while at home, we will be attaching a fitness log, “Fitness Monopoly” (if you were not able to pick up a copy at school), and some online resources. Physical Education teachers from around the world are coming together to provide/share lessons, ideas, games and activities, so we will be adding resources as we discover them and they become available.

Please let us know if you have any questions or need some more fitness ideas/activities.

We hope you and your family stay safe and healthy during these uncertain times, but know that we are thinking and praying for you all.

Sincerely,

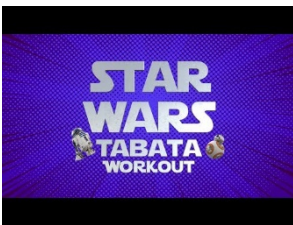
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Resources

Star Wars Tabata/Workout:

<https://www.youtube.com/watch?v=3h9am97W4Rc>



[STAR WARS Lightsaber TABATA Workout - YouTube](https://www.youtube.com/watch?v=3h9am97W4Rc)

www.youtube.com

'THE FORCE WILL BE WITH YOU, ALWAYS!!'... It's time to grab your lightsabers and get yourselves Star Wars ready!! As you test your saber skills.

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<https://www.youtube.com/watch?v=fMTXq7v3G7U&feature=youtu.be>



[Moana | Get Moving With Disney Family by Disney Family - YouTube](#)

www.youtube.com

Make way and get moving with a Moana-inspired workout adventure! Your family will love learning

moves inspired by Moana, Maui, Hei Hei, and more! SUBSCRIBE s...

[Fitness Log](#)

[Fitness Monopoly](#)

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