

WCPSS Elementary School Activity Videos K-2nd Grade Page 1

Each day, try to select 3 videos and follow each teacher's directions to stay physically active. You may use the QR reader on a phone or visit the site at the bottom of the square. Write down which activities you do each day and try not to repeat them. On Friday of each week, scan or visit the link at the bottom of this sheet to share which activities you completed with your school's Physical Education teacher!

ACTIVITIES FOR KINDERGARTEN-SECOND GRADE

Blue Squares are for Manipulative Skills Videos (kicking, throwing... etc), Green Squares are for Locomotor Skills Videos (Running, Jumping, Skipping... etc), Yellow Squares are for Fitness Videos (Moving to Stay Healthy)

<p>Choice 1</p>  <p>https://tinyurl.com/wcpssc_ontinuity</p>	<p>Choice 2</p>  <p>https://tinyurl.com/wcpssc_ontinuity2</p>	<p>Choice 3</p>  <p>https://tinyurl.com/wcpssc_ontinuity3</p>	<p>Choice 4</p>  <p>https://tinyurl.com/wcpssc_ontinuity4</p>	<p>Choice 5</p>  <p>https://tinyurl.com/wcpssc_ontinuity5</p>
<p>Choice 6</p>  <p>https://tinyurl.com/wcpssc_ontinuity6</p>	<p>Choice 7</p>  <p>https://tinyurl.com/wcpssc_ontinuity7</p>	<p>Choice 8</p>  <p>https://tinyurl.com/wcpssc_ontinuity8a</p>	<p>Choice 9</p>  <p>https://tinyurl.com/wcpssc_ontinuity9</p>	<p>Choice 10</p>  <p>https://tinyurl.com/wcpssc_ontinuity10</p>
<p>Choice 11</p>  <p>https://tinyurl.com/wcpssc_ontinuity11</p>	<p>Choice 12</p>  <p>https://tinyurl.com/wcpssc_ontinuity12</p>	<p>Choice 13</p>  <p>https://tinyurl.com/wcpssc_ontinuity13</p>	<p>Choice 14</p>  <p>https://tinyurl.com/wcpssc_ontinuity14</p>	<p>Choice 15</p>  <p>https://tinyurl.com/wcpssc_ontinuity15</p>
<p>Choice 16</p>  <p>https://tinyurl.com/wcpssc_ontinuity16</p>	<p>Choice 17</p>  <p>https://tinyurl.com/wcpssc_ontinuity17</p>	<p>Choice 18</p>  <p>https://tinyurl.com/wcpssc_ontinuity18</p>	<p>Choice 19</p>  <p>https://tinyurl.com/wcpssc_ontinuity19</p>	<p>Choice 20</p>  <p>https://tinyurl.com/wcpssc_ontinuity20</p>

On Friday of each week, scan this QR Code (or visit the link) to record which activity choices you have completed this week. Your answers will be shared with your PE teacher!



<https://tinyurl.com/wcpssccontinuityweeklylog>

WCPSS Elementary School Activity Videos Page K-2nd Grade Page 2

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<p>Choice 21</p>  <p>https://tinyurl.com/wcpssc_ontinuity21</p>	<p>Choice 22</p>  <p>https://tinyurl.com/wcpssc_ontinuity22</p>	<p>Choice 23</p>  <p>https://tinyurl.com/wcpssc_ontinuity23</p>	<p>Choice 24</p>  <p>https://tinyurl.com/wcpssc_ontinuity24</p>	<p>Choice 25</p>  <p>https://tinyurl.com/wcpssc_ontinuity25</p>
<p>Choice 26 *Special Needs Adaptation</p>  <p>https://tinyurl.com/wcpssc_ontinuity26</p>	<p>Choice 27</p>  <p>https://tinyurl.com/wcpssc_ontinuity27</p>	<p>Choice 28</p>  <p>https://tinyurl.com/wcpssc_ontinuity28a</p>	<p>Choice 29</p>  <p>https://tinyurl.com/wcpssc_ontinuity29</p>	<p>Choice 30</p>  <p>https://tinyurl.com/wcpssc_ontinuity30a</p>
<p>Choice 31</p>  <p>https://tinyurl.com/wcpssc_ontinuity31a</p>	<p>Choice 32</p>  <p>https://tinyurl.com/wcpssc_ontinuity32</p>	<p>Choice 33</p>  <p>https://tinyurl.com/wcpssc_ontinuity33</p>	<p>Choice 34</p>  <p>https://tinyurl.com/wcpssc_ontinuity34</p>	<p>Choice 35</p>  <p>https://tinyurl.com/wcpssc_ontinuity35</p>
<p>Choice 36</p>  <p>https://tinyurl.com/wcpssc_ontinuity36</p>	<p>Choice 37</p>  <p>https://tinyurl.com/wcpssc_ontinuity37a</p>	<p>Choice 38</p>  <p>https://tinyurl.com/wcpssc_ontinuity38</p>	<p>Choice 39</p>  <p>https://tinyurl.com/wcpssc_ontinuity39</p>	<p>Choice 40</p>  <p>https://tinyurl.com/wcpssc_ontinuity40a</p>

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WCPSS Elementary School Activity Videos 3rd-5th Page 1

Each day, try to select 3 videos and follow each teacher's directions to stay physically active. You may use the QR reader on a phone or visit the site at the bottom of the square. Write down which activities you do each day and try not to repeat them. On Friday of each week, scan or visit the link at the bottom of this sheet to share which activities you completed with your school's Physical Education teacher!

ACTIVITIES FOR THIRD-FIFTH GRADE

Blue Squares are for Manipulative Skills Videos (kicking, throwing... etc), Green Squares are for Locomotor Skills Videos (Running, Jumping, Skipping... etc), Yellow Squares are for Fitness Videos (Moving to Stay Healthy)

<p>Choice 1</p>  <p>https://tinyurl.com/wcpssc_ontinuity1</p>	<p>Choice 2</p>  <p>https://tinyurl.com/wcpssc_ontinuity2a</p>	<p>Choice 3</p>  <p>https://tinyurl.com/wcpssc_ontinuity3</p>	<p>Choice 4</p>  <p>https://tinyurl.com/wcpssc_ontinuity4</p>	<p>Choice 5</p>  <p>https://tinyurl.com/wcpssc_ontinuity5a</p>
<p>Choice 6</p>  <p>https://tinyurl.com/wcpssc_ontinuity6a</p>	<p>Choice 7</p>  <p>https://tinyurl.com/wcpssc_ontinuity7a</p>	<p>Choice 8</p>  <p>https://tinyurl.com/wcpssc_ontinuity8</p>	<p>Choice 9</p>  <p>https://tinyurl.com/wcpssc_ontinuity9</p>	<p>Choice 10</p>  <p>https://tinyurl.com/wcpssc_ontinuity10</p>
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