



## Bayshore Elementary Specials Outreach Learning

### May 11-15, 2020

#### Message From Coach

A HUGE THANKS TO.... all the parents and bobcats for their hard work. I truly appreciate the efforts of everyone I have heard from over the last few weeks. More and more students are discovering the PE information and sending in DEAR logs. As I have said, there is no right or wrong way to keep your log. I have received them in various formats and they are all great. The emails I have received have included charts with stars/stickers/check marks/hearts, written journal entries with details about the 4 parts, drawings by students of their activities, spreadsheets, and pictures and videos of students being active. Please feel free to use whatever method works best for your situation. If you have been participating keep up the great work. If you are new to the PE page or have not submitted anything to me yet, simply send me an email about your student's work.

Parents, your help and involvement during this unprecedented time should not go unnoticed. Many responsibilities have fallen on your shoulders and I appreciate your assistance.

I also want to say a big THANK YOU to the PTO for the delicious pizza they provided last week for teacher appreciation week. That was very thoughtful and generous. Thank you.

#### Contact Information:

Coach Drastata Office Hours 8am-12pm Monday-Friday

All emails will be returned within 24 hours. [drastataw@lpisd.org](mailto:drastataw@lpisd.org)

If your child receives Special Education, Section 504, or Dyslexia services, services will be addressed weekly by your child's teacher via email.

If there are any questions, please feel free to email your child's teacher at: [drastataw@lpisd.org](mailto:drastataw@lpisd.org)

#### Grades

Assignments for the week of May 11-15, 2020 are due on Monday, May 18, 2020 by 8:00 a.m.

Students will continue to keep their D.E.A.R. (Diet, Exercise, Avoidance, Rest) log. Evidence can be emailed to [drastataw@lpisd.org](mailto:drastataw@lpisd.org).

PE K-2	PE 3-5
<p><b>Objective(s):</b> Students will recognize ways to promote healthy muscles including the heart. [3B,4E/5C,5C]</p> <p><b>ELPS:</b> [3E]</p> <p><b>Weekly Activities:</b></p> <p><b>Warm Up:</b> Spend 5-10 minutes moving around to get blood flowing over the muscles. It is always better to stretch warm muscles when possible. Once warmed up stretch various body parts. Doing stretches twice for 10-20 seconds helps make sure muscles are ready.</p> <p><b>Striking:</b> Striking is the official term used to describe hitting an object. This could be with a bat, paddle, racket, or even a hand. This week we will work on striking objects.</p> <p>Now this is very dependent on what items you may have at home. If you have a badminton set or something similar those items will work. If you do not, you may have to improvise. For the item you are striking, a ball that is soft and safe will work. If you do not have one you can even use a crumbled up piece of paper. A stiff piece of paper like card stock or a folder or even a paper plate can substitute for a paddle. If nothing else a hand can be used. To simulate striking with a bat, the tube from a paper towel roll could be used.</p> <p>Practice striking the object by tossing the item towards the student. If they are having trouble making contact, try increasing the size of the object being tossed. Practice striking on both the forehand (dominant hand) and backhand (non-dominant hand) side.</p> <p>After some success try making tosses from farther away. This will give the student more practice tracking the object.</p>	<p><b>Objective(s):</b> Students will recognize ways to promote healthy muscles including the heart. [4C,4G,4F]</p> <p><b>ELPS:</b> [3E]</p> <p><b>Weekly Activities:</b></p> <p><b>Warm Up:</b> Spend 5-10 minutes moving around to get blood flowing over the muscles. It is always better to stretch warm muscles when possible. Once warmed up stretch various body parts. Doing stretches twice for 10-20 seconds helps make sure muscles are ready.</p> <p><b>Striking:</b> Striking is the official term used to describe hitting an object. This could be with a bat, paddle, racket, or even a hand. This week we will work on striking objects.</p> <p>Now this is very dependent on what items you may have at home. If you have a badminton set or something similar those items will work. If you do not, you may have to improvise. For the item you are striking, a ball that is soft and safe will work. If you do not have one you can even use a crumbled up piece of paper. A stiff piece of paper like card stock or a folder or even a paper plate can substitute for a paddle. If nothing else a hand can be used. To simulate striking with a bat the tube from a paper towel roll could be used.</p> <p><b>Partner Play:</b> With a partner try and keep the object going back and forth. If you have a net or something that can be used make a court with boundary lines and score your match. It does not have to be any official court and scoring rules. Make your own up. Remember the idea is to have fun and practice.</p> <p><b>Volleyball:</b> Striking also is the term used for hitting a volleyball. Earlier in the year we worked hard on our skills and you did great. If you have a ball that can be used try bumping, setting, and serving with a partner.</p>

## PE K-2

**Muscle and Heart Health:** The last few weeks we have discussed skeletal muscles and the heart. We looked at different types of heart rates and how to calculate heart rates. I was very happy to see so many students calculate theirs before playing and then after being active. Great job! This week I want to address specific things to make muscles and the heart healthy. They include:

- Eating proteins (meat, poultry, seafood, eggs) will replenish lost protein from working out. Eating carbohydrates (whole grains, fruits, vegetables) will help fuel muscles for work. Eating unsaturated fats (flax seed, walnuts, olive oil, fish oil) will help muscles recover after working out.
- Regular exercise will increase muscle and heart strength. A mix of aerobic (constant motion) and anaerobic (with breaks) exercise both are beneficial.
- Staying away from tobacco helps the heart stay strong.
- Too little or too much rest is believed to be potentially harmful on the heart. Skeletal muscles need recovery time to respond to working out.

Notice a pattern??? DEAR

**Sun Safety:** Last week we reviewed bike safety. With the weather warming up we will review sun safety. The effects of too much sun can damage our skin. Here are some reminders to help avoid those painful sunburns and skin damage:

- Wear sunscreen that is strong enough for the situation
- Reapply sunscreen at appropriate times
- Wear hats and sunglasses to add extra protection
- If needed wear long sleeves in certain settings

### Assessment(s):

Email samples of students DEAR logs to [drastataw@lpisd.org](mailto:drastataw@lpisd.org)

## PE 3-5

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