



Bayshore Elementary Specials Outreach Learning

May 18-22, 2020

Message From Coach

As we approach the end of the school year I want to thank everyone for their efforts over the last several weeks. Parents and students have done a great job keeping up with their D.E.A.R. log information and emailing it to me. Whether you have been sending in something since week one or just started, I appreciate your time, effort, and energy.

From all the information I have received from families I can tell that everyone is getting lots of exercise in various ways and making healthy choices. Like we have discussed in class the idea of following a good D.E.A.R. plan is a commitment on a regular basis that becomes a lifestyle. I hope the healthy habits continue for everyone.

This week I am not requiring log information to be sent in but I will respond to each email I receive.

Contact Information:

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

All emails will be returned within 24 hours. drastataw@lpsd.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@lpsd.org

Grades

Assignments for the week of May 18-22, 2020 are due.... on a voluntary basis.

I would love to see any information sent in and will respond to each email I receive.

Students will continue to keep their D.E.A.R. (Diet, Exercise, Avoidance, Rest) log.

PE K-2	PE 3-5
<p>Objective(s): Students will review water safety tips. [5D,5D,5D]</p> <p>ELPS: [1A]</p> <p>Weekly Activities:</p> <p>Warm Up: 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>Striking: Last week we discussed and practiced striking (the official term for hitting an object). I heard lots of reports of students having success. Like we have discussed “Practice makes Permanent” meaning how you practice is how you will perform.</p> <p>I encourage you to continue to practice with whatever materials you have. If you have materials that allow for it, try and strike the object back and forth with a partner such as in tennis, badminton, or pickleball. It is amazing how fast kids can start keeping a volley with a partner.</p> <p>Lawn Target: This is a fun lawn game that everyone can enjoy. It is also referred to as lawn darts but I am not encouraging use of the old style equipment that is actually a huge dart. You might have a set of the new style plastic blunt end darts. Those are much safer. If you do not have a set, no problem. You can use other items.</p> <p>Equipment: You will need some items that can be safely tossed. Things that do not roll are ideal but a ball can also be used. It is best if each player has the same amount of objects.</p> <p>You will also need something to lay on the ground and represent a target. Items might include a hula hoop, some rope, cones, or any other object that can be the target on the ground.</p>	<p>Objective(s): Students will review water safety tips. [5D,5B,5B]</p> <p>ELPS: [1A]</p> <p>Weekly Activities:</p> <p>Warm Up: 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>Striking: Last week we discussed and practiced striking (the official term for hitting an object). I heard lots of reports of students having success. Like we have discussed “Practice makes Permanent” meaning how you practice is how you will perform.</p> <p>I encourage you to continue to practice with whatever materials you have. If you have materials that allow for it, try and strike the object back and forth with a partner such as in tennis, badminton, or pickleball. It is amazing how fast kids can start keeping a volley with a partner.</p> <p>Lawn Target: This is a fun lawn game that everyone can enjoy. It is also referred to as lawn darts but I am not encouraging use of the old style equipment that is actually a huge dart. You might have a set of the new style plastic blunt end darts. Those are much safer. If you do not have a set, no problem. You can use other items.</p> <p>Equipment: You will need some items that can be safely tossed. Things that do not roll are ideal but a ball can also be used. It is best if each player has the same amount of objects.</p> <p>You will also need something to lay on the ground and represent a target. Items might include a hula hoop, some rope, cones, or any other object that can be the target on the ground.</p>

PE K-2	PE 3-5
<p>Play: Put the target on the ground. Decide a distance that is appropriate to toss from. One player will underhand toss the objects and see if they can land in the target. After their turn the other person tosses their objects. Each object that is inside the target boundaries is 1 point. Play to a certain point value.</p> <p><u>Water-guns:</u> With the weather warming up this has become a regular activity at Coach's house. Of course you need water-guns but most households have a few old ones laying around. Be prepared to get wet. It is amazing how much exercise you can get in a water-gun fight.</p> <p><u>Water Safety:</u> Since the weather is warming up more and more people are swimming in pools and visiting beaches. Here are some good water safety tips:</p> <ul style="list-style-type: none"> • Never swim alone • Don't run around pools • Always look before you jump • Jump feet first to protect against neck injuries • Know where lifeguards are and the pool rules • If swimming in open water such as at a beach watch out for currents • Wear flotation devices if needed <p><u>Assessment(s):</u> Students can keep up with their D.E.A.R. logs. This week it is totally voluntary to send in. I would love to see any that get emailed and I will respond to each one I receive.</p>	<p>Play: Put the target on the ground. Decide a distance that is appropriate to toss from. One player will underhand toss the objects and see if they can land in the target. After their turn the other person tosses their objects. Each object that is inside the target boundaries is 1 point. Play to a certain point value.</p> <p><u>Water-guns:</u> With the weather warming up this has become a regular activity at Coach's house. Of course you need water-guns but most households have a few old ones laying around. Be prepared to get wet. It is amazing how much exercise you can get in a water-gun fight.</p> <p><u>Water Safety:</u> Since the weather is warming up more and more people are swimming in pools and visiting beaches. Here are some good water safety tips:</p> <ul style="list-style-type: none"> • Never swim alone • Don't run around pools • Always look before you jump • Jump feet first to protect against neck injuries • Know where lifeguards are and the pool rules • If swimming in open water such as at a beach watch out for currents • Wear flotation devices if needed <p><u>Assessment(s):</u> Students can keep up with their D.E.A.R. logs. This week it is totally voluntary to send in. I would love to see any that get emailed and I will respond to each one I receive.</p>