



## Bayshore Elementary Specials Outreach Learning

### May 4-8, 2020

#### Message From Coach

Hello Bobcats! I did hear from some new students last week. Since parents and students are still discovering the Specials tab I am including the information from last week in my message concerning D.E.A.R. logs. That information can be found below in blue. I want to thank everyone who has emailed me. I appreciate the effort put forth our students.

**What's a D.E.A.R log?** For anyone who is new to the PE page D.E.A.R. (Diet, Exercise, Avoidance, and Rest) is a simple 4 step way I try to teach how to have good physical health. Diet refers to eating healthy foods, Exercise refers to getting 30-60 minutes of exercise every day, Avoidance is staying away from harmful things (the focus is sugar for younger students and alcohol/tobacco/drugs for older students), and Rest refers to getting the body enough good rest every night. My goal is for students to see their health habits. Seeing it on paper helps reinforce good habits and identifies habits that need work. It is also a way for students and parents to have a dialogue about good health.

I have received many D.E.A.R. logs and they look fantastic! Remember there is not a right or wrong way to keep track. Just select a method that works for you. Some have been in chart form while others have been emails that summarize the highlights of the different sections for the week. I love seeing and reading them all and I will respond to each one I receive. If you have been keeping one but have not emailed me a sample, go ahead and send me one this week. If you have not been keeping a D.E.A.R. log simply start now.

#### 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 4-8, 2020 are due on Monday, May 11, 2020 by 8:00 a.m.

Students will continue to keep their D.E.A.R. (Diet, Exercise, Avoidance, Rest) log. Please email a picture or sample.

PE K-2	PE 3-5
<p><b>Objective(s):</b> Students will review safety practices for walking, bicycling, and skating. [5C,5B,5B]</p> <p><b>ELPS:</b> [1E]</p> <p><b>Weekly Activities:</b>  <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>Basketball Activities:</b> Last week we focused on basketball dribbling, passing, and shooting. Remember any type of ball that bounces can be used. Like any skill or sport improvement comes from practice. Instead of the saying “Practice Makes Perfect” I prefer to think “Practice Makes Permanent.” Typically how someone practices is how they will perform. Continue to work on the various skills and see how fast improvement comes with some practice.</p> <p><b>Bowling:</b> Bowling is a fun game that can be played at home with various items. If you do not have a play bowling set you can make one with household items. You will need a ball that can be rolled. For the pins you can use anything that stands up and can be knocked over. Some examples are empty plastic bottles. Those could include 2 liter, water, or juice. Plastic cups are another idea for pins. While bowling uses 10 pins you can certainly play with less if needed.</p> <p>Once you have the materials, find an area that gives enough space to set up and play. Score a point for every pin knocked down. Keep your score through a certain number of frames (or turns). Try to beat your score or challenge a family member.</p>	<p><b>Objective(s):</b> Students will review safety practices for walking, bicycling, and skating. [5C,5C,5B-5C]</p> <p><b>ELPS:</b> [1E]</p> <p><b>Weekly Activities:</b>  <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>Basketball Activities:</b> Last week we focused on basketball dribbling, passing, and shooting. Remember any type of ball that bounces can be used. Like any skill or sport improvement comes from practice. Instead of the saying “Practice Makes Perfect” I prefer to think “Practice Makes Permanent.” Typically how someone practices is how they will perform. Continue to work on the various skills and see how fast improvement comes with some practice.</p> <p><b>Bowling:</b> Bowling is a fun game that can be played at home with various items. If you do not have a play bowling set you can make one with household items. You will need a ball that can be rolled. For the pins you can use anything that stands up and can be knocked over. Some examples are empty plastic bottles. Those could include 2 liter, water, or juice. Plastic cups are another idea for pins. While bowling uses 10 pins you can certainly play with less if needed.</p> <p>Once you have the materials, find an area that gives enough space to set up and play. Score a point for every pin knocked down. Keep your score through a certain number of frames (or turns). Try to beat your score or challenge a family member.</p>

## PE K-2

**Health:** Last week heart rates were discussed. (For details on different types of heart rates check out last week's lesson plans.) This week take your resting heart rate before exercising or playing. Remember that 2 places to easily find the pulse are in the neck underneath the jaw and under the wrist. After you have been playing for about 10 to 15 minutes recheck it. How much did it increase? Did you think the number would be higher or lower? Check it again after playing some more. When you are finished playing recheck it after about 30 minutes. Is it decreasing?

### **Community Safety:**

Students and families are taking advantage of being outside now since we have been at home and the weather has been nice. Whether walking, jogging, skating, biking, or riding scooters here are some reminders to help insure everyone stays safe.

- when possible utilize sidewalks
- have reflectors or lights when out in low light settings
- have appropriate shoes for your activity
- wear helmets, elbow and knee pads when needed
- check air pressure on bikes or equipment
- check for tightness on bolts and connections
- make sure seat height is appropriate for rider
- watch for other pedestrians
- watch for traffic

### **Assessment(s):**

Continue to keep D.E.A.R. logs. If you have not been keeping one simply start now. Email pictures or updates of D.E.A.R. logs to [drastataw@lpsd.org](mailto:drastataw@lpsd.org).

## PE 3-5

**Health:** Last week heart rates were discussed. (For details on different types of heart rates check out last week's lesson plans.) This week take your resting heart rate before exercising or playing. Remember that 2 places to easily find the pulse are in the neck underneath the jaw and under the wrist. After you have been playing for about 10 to 15 minutes recheck it. How much did it increase? Did you think the number would be higher or lower? Check it again after playing some more. When you are finished playing recheck it after about 30 minutes. Is it decreasing?

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