



Bayshore Elementary Specials Outreach Learning

March 25 - 27, 2020

Message From Coach

Hello Bobcat families. I want to thank all the parents and students who have emailed me over the last few weeks. You have been doing a terrific job! While I have heard from a lot of Bobcats, there are many that I have not. I know that several families are still adjusting to the change in format and others have just discovered the “Specials” tab for Music and PE. If you just recently found the PE page do not worry. You can start keeping up from this point on.

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.

To this point I have heard from more students in 2nd grade than any other. I want to challenge all the grade levels to make theirs the one that emails me the most D.E.A.R. logs this week!

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 April 27-May 1, 2020 are due on Monday, May 4, 2020 by 8:00 a.m.](#)

Students will continue to keep their D.E.A.R. (Diet, Exercise, Avoidance, Rest) log. Please email pictures or summaries of logs to drastataw@lpsd.org.

PE K-2	PE 3-5
<p>Objective(s): Students will be able to identify and calculate different types of heart rates by name. [4B, 4B, 4A] ELPS: [1F]</p> <p>Weekly Activities: 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>Basketball Dribbling: This was a skill we worked on throughout the year and the students made huge improvements each time. Any type of ball can be used as long as it bounces. Practice dribbling the ball while being stationary. Once this is comfortable try moving around an area. As this gets easier try and increase your speed. Just like in soccer dribbling we do not want to sacrifice control for speed. Some key reminders are:</p> <ul style="list-style-type: none"> • Use fingertips instead of slapping the ball with a palm • Try to have the ball bounce waist high • Use the wrist to push the ball down • When possible practice looking away from the ball <p>Basketball Passing: Pass with a partner or against a wall. Focus on getting the ball to hit your partner's hands or to return to your hands. This is a skill that gets better with lots of practice.</p> <p>Basketball Shooting: If possible practice shooting. If you do not have a goal you can use the method I used when I was a kid. Since we did not have a basketball goal I found an area on a wall that I could use. I designated a spot on the wall for the goal and tried to hit that spot.</p>	<p>Objective(s): Students will be able to identify and calculate different types of heart rates by name. [4A,4A,4A] ELPS: [1F]</p> <p>Weekly Activities: 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>Basketball Dribbling: This was a skill we worked on throughout the year and the students made huge improvements each time. Any type of ball can be used as long as it bounces. Practice dribbling the ball while being stationary. Once this is comfortable try moving around an area. As this gets easier try and increase your speed. Just like in soccer dribbling we do not want to sacrifice control for speed. Some key reminders are:</p> <ul style="list-style-type: none"> • Use fingertips instead of slapping the ball with a palm • Try to have the ball bounce waist high • Use the wrist to push the ball down • When possible practice looking away from the ball <p>Dribble Keep Away: With a partner take turns seeing how long you can dribble without losing the ball or having it stolen. Defenders, do not foul when trying to take the ball.</p> <p>Basketball Passing: Pass with a partner or against a wall. Focus on getting the ball to hit your partner's hands or to return to your hands. This is a skill that gets better with lots of practice.</p> <p>Basketball Shooting: If possible practice shooting. If you do not have a goal you can use the method I used when I was a kid. Since we did not have a basketball goal I found an area on a wall that I could use. I designated a spot on the wall for the goal and tried to hit that spot.</p>

PE K-2

Health: This week we are going to focus on heart rate. Sometimes heart rate is referred to as pulse. It is the measure of how many times your heart beats in a minute. Now days there are lots of devices that can calculate your heart rate in an instant. But if you are like me and do not have any of those you can do it the old fashion way- by counting.

Two easy places to find a heart rate are in the neck and the underneath of the wrist. Once you find it, you can count how many times it beats for 60 seconds. A much faster way is to find your heart rate and count it for 6 seconds. Then you can simply add a 0 to that number and that gives you a good estimate. For example, if you count 8 beats then your heart rate is 80.

Types of Heart Rates:

Resting Heart Rate- This is the number of beats when your body is at rest. On average kids between 5-9 years usually have resting heart rates between 70-115 while kids over 10 have resting rates of 60-100. Regular exercise can strengthen the heart and lower your resting heart rate. Remember you heart is a muscle that cannot rest so we want it to be as healthy as possible.

Working Heart Rate- Your heart rate when exercising.

Maximum Heart Rate- This represents the upper limit of your heart's ability. It is commonly found by the formula $220 - \text{age}$. Heart rates too high for periods of time can be dangerous.

Practice calculating your heart rate.

Assessment(s):

Keep tracking your habits in your D.E.A.R log. Email me a sample so I can see all the great work you are doing!

PE 3-5

Play HORSE: This is a classic game that can help develop great shooting.

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