Hey West El Wildcats- We’d like to share some cool stuff with you to keep you moving and staying active. Mr. Behm, Mrs. Bell, Mr. Gregoire, and Miss Potter miss you all very much and hope you are all staying safe. Remember participation in these activities is optional but the more activity- the better you will feel and it’s a great way to have some fun. Stay active and stay healthy.

There are lots of cool activities on the West Elementary Facebook page. We post every Monday - Wednesday - Friday.

https://www.facebook.com/pg/WEPEWSCSD/posts/?ref=page_internal

As well as great stuff posted on the West Elementary PE website. Be sure to scroll to the bottom of the page.

https://www.wscschools.org/Page/20799

Be sure to check both those sites out and find some new ways to stay healthy and active. Send us pictures or videos (to our email) showing us how you’re staying healthy and active and we will share them with Mrs. Frawley so she can post them on the Daily Update.

Don’t forget to sign up for the Buffalo Bills Spring Play 60 Challenge
https://www.buffalobills.com/community/play-60-challenge

And the OPEN Physical Education National Field Day
www.openphystednationalfieldday.org
Looking for something to do- Check out this great activity from Justin Cahilll & Keeping Kids in Motion.

30 Random Acts of Fun

<table>
<thead>
<tr>
<th>Make an outdoor obstacle course</th>
<th>Make a bowling alley with home-made pins</th>
<th>Create a game using food cartons, boxes, and containers</th>
<th>Practice dribbling a ball with each hand for 5 minutes</th>
<th>Surprise your parents by vacuuming the rugs</th>
<th>Ride your bike for 20 minutes</th>
<th>Juggle an inflated freezer bag or soccer ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Build a fort with couch cushions and pillows</td>
<td>Make a dance and teach it to a parent or sibling</td>
<td>Write letters to friends or relatives</td>
<td>Dribble a soccer ball through obstacles</td>
<td>Toss a stuffed animal in the air and catch it 50 times</td>
<td>How many stacked pillows can you jump over?</td>
<td>Design and create your own jump rope</td>
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<tr>
<td>Make a laundry basket and rolled up socks</td>
<td>Design a workout with at least 4 exercises</td>
<td>How high can you build a tower with playing cards?</td>
<td>Practice throwing and rolling a ball at several cans lined up</td>
<td>Make a sculpture with recyclables</td>
<td>Play your favorite music and DANCE!</td>
<td>Pick out a game for family game night</td>
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<tr>
<td>Practice your standing long jump and measure your distance</td>
<td>Jog and/or walk around your home for at least 10 minutes</td>
<td>Weed the flower beds and garden</td>
<td>Play catch with a sibling or parent for 10 minutes</td>
<td>Design an obstacle course in your house or backyard</td>
<td>Jump rope for at least 5 minutes</td>
<td>Hold a plank and count by 5's to 200, 2's to 100</td>
</tr>
</tbody>
</table>

1. Each day choose at least one activity to complete.
2. After completing each activity, color in the square.
3. If you want to repeat an activity already completed, great! Enjoy what you love.
4. How many activities can you complete throughout the next 30 days?
5. Take a picture of your completed challenge and share with your friends or teachers.

If you have any questions regarding the above activities or any other questions about activities on the West Elementary PE website: [https://www.wscschools.org/Page/20799](https://www.wscschools.org/Page/20799) or the West Elementary Facebook page: [https://www.facebook.com/WEPEWSCSD/](https://www.facebook.com/WEPEWSCSD/) please contact one of your amazing PE teachers. Feel free to send pictures or videos of your child participating in any of our posted activities. We’d love to see the kids being active. Stay safe- stay active- stay well.

We miss you all. Mrs. Bell- Mr. Gregoire- Miss Potter- Mr. Behm

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