

Dear parents and/or guardians, students and other family members,

I, Travis Anderson, and Kristian Wostl are CUSD's Adaptive PE teachers. We work with the PE teachers and SPED teachers throughout the entire district to assist or help with specific modifications to their PE curriculum. During this challenging time we are here to help you address PE or leisure opportunities with simple activities that you can do around the house. We will be reaching out to your child's PE teachers and/or classroom teachers each week to deliver another weeks worth of activities similar to this one seen below for the remainder of the school closure. If you would like to contact us with any concerns or questions, please email us at:

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## **Week 1-March 30<sup>th</sup>- April 3<sup>rd</sup>**

### **Monday: March 30<sup>th</sup>**

#### **Red Solo Cup Stacking Challenge**

1. Get 6 red solo cups or any same size plastic cups, stack to pyramid (3 on bottom, 2 on middle and one on top)
2. Get 10 red solo cups or any same size plastic cups stack to pyramid(4 on bottom, 3 second row, 2 on third row, 1 on top)
3. Build different towers using your cups and throw balled up socks to knock them over and build again

Modifications: Stack on table, stack lower/higher amount of cups, spell a letter with cups

### **Tuesday March 31<sup>st</sup>**

#### **Sidewalk Line Movement**

Draw a line on side with chalk or use crack on sidewalk if you do not have chalk. Make line 10-20 ft long

1. Walk across the line and try to balance on it
2. Walk Fast/run on line and maintain balance
3. Walk backwards
4. Frog jump down line
5. Hop on one foot down the line
6. Repeat 3 times

Modifications:

Walk line with someone holding hand, push themselves(or have someone push them) on line, VI(put cups on line and have them use cane to feel and go around cups)

Challenge: Have them bear crawl(hands and feet crawl with stomach facing ground)

-have them crab crawl(hands and feet with back facing ground)

## **Wednesday April 1**

### **Run a Marathon**

## **APRIL FOOLS!!!**

### **Laundry Shootout Challenge**

Equipment:

Laundry Basket or bucket, Rolled Socks, stopwatch

- 1.) In 1 minute see how many socks you can shoot into a bucket or basket.
- 2.) Try multiple distances and challenge multiple family members
- 3.) You can have multiple rolled socks ready to go or have someone retrieve the socks for you after you shoot.

Modifications:

Use a BIGGER BASKET or BUCKET

DROP the sock into the basket or bucket working on grasping or hand over hand with family member  
Use verbal cues for regarding distances to target  
Allow more than 1 minute

## **Thursday April 2<sup>nd</sup>**

### **Snowball Fight**

Equipment:

Rolled Socks, tape, family members

- 1.) Create a line using painters tape or pillows across an open area of the house
- 2.) Throw socks back and forth across the line.
- 3.) Stop throwing when you reach a pre determined time limit or at the end of a song. Whoever has the LEAST amount of socks on their side wins.
- 4.) See how fast you can pick up your laundry after the game is over

Modifications

Hand over Hand working on grasping socks

## **Friday April 3<sup>rd</sup>**

### **SCAVENGER HUNT**

- 1.) Take a WALK, ROLL, STROLL with family member
- 2.) Take a 5-10 min walk around the neighborhood
- 3.) How many items can you find from the list
  1. Bird
  2. Mailbox
  3. Bush with Flowers
  4. A tree that is taller than a house
  5. A Red Car

6. Someone riding a Bike
7. A trashcan
8. A Basketball Hoop
9. Someone walking a dog
10. A jungle gym
11. A Cactus
12. Something to Recycle
13. A bumblebee
14. A stop sign
15. A fire hydrant

### Modifications

Help or assist student around neighborhood practicing safety

Allow students to use other senses to find items other than sight  
(smelling flowers, listening to sounds, touching signs or other objects)