

Dear Lower School Families,

In the event we move to distance learning, I ask that you continue to develop and grow your child's physical, mental, and emotional health as it is critical for well-being. I will continue to meet with your child during the scheduled time they would normally have Physical Education. As I usually have your child twice a week, one class will be devoted to physical fitness and the other to mindfulness. There will be no additional work or materials that will need to be submitted on a weekly basis.

I also, wanted to share some platforms that your child can enjoy on their own time, in some circumstances with your support, to keep our Health and Wellness connection. Outdoor play is crucial for development as well as can provide students with a much needed break from long school days, especially in this difficult time.

Please feel free to email me with any questions or concerns!

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- Kidhealth.org
A fantastic website for all ages. There are different tabs for different age levels. I recommend the “for kids” tab- “How the body works”
- GoNoodle
Game is an app you can download to get your children moving!
<https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>
(Thank you Ms. Roller!)
- Mindfulness (K-5)
Free app that allows students to navigate emotions and offers guided meditations for students K-5. Parents will need to download the app on a phone. Below is the link for the free app. Be sure to click the “Kids App” link.
<https://www.stopbreathethink.com/kids/>
- BrainPOP Jr. (K-5)
Age appropriate topics that include: movies, quizzes, self-expression, integrated reading, and drawing. Each movie is about 5 minutes and finishes with a quiz (hard or easy).
<https://jr.brainpop.com/health/>
- During Physical Education classes we do routine stretches after our warm-up of walking and jogging. Your children should be able to teach you all the stretches!

Best,
Claire Healy

Please help me continue helping your child to learn locomotor skills!

Locomotor skills are an important group of gross motor skills that kids begin to learn as babies. Walking—one of the biggest physical development milestones of all for young children—is the first locomotor skill. In walking and the other locomotor skills that follow it, the feet move the body from one place to another. These skills are the starting point for many sports and leisure activities, from soccer to golf to dance and more.

Types of Locomotor Skills:

Roughly in order of how children learn them, the locomotor skills are:

Walking: Moving with one foot on the ground at all times

Running: Sometimes both feet are in the air while traveling

Hopping: Moving up and down on one foot

Jumping: Going up and down, with both feet in the air at once; can also mean jumping off a height or jumping forward

Galloping: Traveling with one foot always in the lead

Sliding: Galloping sideways

Leaping: Jumping forward or back with one leg outstretched; taking off on one foot and landing on the other

Skipping: Alternating steps and hops