

Hello Families,

We are writing to you regarding your student(s) in Developmental Adapted Physical Education (DAPE). As you are aware, the Mounds View School District, in accordance with the directives from the State of Minnesota Department of Education, will be starting Distance Learning on Monday, March 30th.

Our ultimate goal through DAPE Distance Learning will be to assist you in encouraging your student(s) to get up and move, be more active and continue to develop their gross motor and social/emotional/communicative skills. DAPE services through distance learning will look much different in the virtual world. Thus, the learning and service model will change to reflect the new parameters.

Developmental/Adapted Physical Education (DAPE) service time will look different for each family depending on what is available at your home residence. Much is dependent upon whether or not you have Internet, devices, equipment, space, time and weather conditions. The Mounds View District DAPE Staff has worked hard in recommending activities and tools for instruction. We will continue to modify services based on needs and work to implement appropriate and accessible lesson ideas.

THE FOLLOWING ARE RECOMMENDATIONS FOR YOUR STUDENT WHEN ACCESSING DISTANCE LEARNING DAPE SERVICES.

- Please have your child be ACTIVE during some portion of their day. We hope you will be able to access all online tools and activities distributed through “Google Classroom”, Staff Websites, or other online apps such as “Youtube” and “Seesaw”. There are so many ways for your student(s) to be ACTIVE aside from online learning. If it is nice go outside, play tag, run, dance to music, play on home play equipment.. Since most of the distance learning will take place on devices, please limit the screen time and take breaks every hour for 10 minutes of movement. You can play catch with a ball, a wadded up piece of paper/ or ball of socks. Have your child create a game using various items around the house. You will be amazed at their creativity. Movement is important and doing so in any and/or many different ways will benefit your children.
- Please complete the “Google Forms” that will accompany many daily lesson plans from all levels of DAPE Service Providers. These forms allow the staff to better track participation levels, individual goals/objectives, and better accommodate for the needs of each family.

We appreciate your flexibility during this time and we hope to see you all back in school very soon!

Sincerely,
The Mounds View DAPE Staff

Please feel free to contact your DAPE Teacher with any further questions or concerns:

Ian Porter

Developmental/Adapted Physical Education Specialist

(612) 382-4189

ian.porter@moundsvIEWSschools.org

www.grossmotorporter.weebly.com (copy/paste link into web browser)

Intro to DAPE Distance Learning Video Link

(Please copy/paste the link into your web browser and watch the video on or before Monday, March 30)

<https://www.wevideo.com/view/1627936397>

Additional Resources promoting movement:

www.gonoodle.com

www.cosmickids.com

www.braingym.org

www.pecentral.com

**These are free websites with many movement activities, mostly associated with music, dancing, yoga movements, exercises, stretching and more.

MOVEMENT IDEAS/GAMES/ACTIVITIES

- USE CHALK TO MAKE HOPSCOTCH OUTSIDE
- JUMP ROPE (SHORT/LONG)
- PLAY WITH FRISBEE
- JACKS
- EXERCISE/MINI TRAMP
- WALK DOG
- BIKE RIDE
- DICE EXERCISES-toss one or two dice pick an exercise and do that number of exercises (i.e. if the dice number is 4 do that many sit-ups) **If you use 2 dice your child can work on adding at the same time.
- BLOW UP BALLOON- try to keep it up with different body parts.

- BLOW BUBBLES AND POP THEM
- MAKE AN OBSTACLE COURSE-go around, through, over, under, right, left, etc.
- SCAVENGER HUNT-outside or inside
- HULA HOOP FUN
- DANCE

TAKE TIME TO MOVE

1. If you have a pet and it's ok to do so, chase them around the yard. See how long it takes before you catch them.
2. Lie down on your stomach, push yourself up with just your arms until your arms are straight and your knees are off the ground. You just did a push-up. Do this 5 times in a row.
3. Jump and try to touch the ceiling 10 times.
4. Stand on one leg for 10 seconds. Then stand on the other leg for 10 seconds.
5. If there is someone else with you, challenge them to see who can stand on one leg for the longest time.
6. Find a large piece of paper. Crumple it up into a ball. Find something to throw it into like a garbage can, bowl, bucket, or box. See how far away you can throw it from and still make it in.
7. Play toss and catch with someone else or yourself with the same piece of paper.
8. Turn on your favorite song and dance.
9. Find a plastic cup. Try to balance it on your head. After you can balance it on your head, then try to walk around keeping it balanced on your head.
10. If you have empty water or soda bottles stand them up together and use them as target practice to throw a ball or balled up piece of paper at. If you have a ball you can do bowling with those same empty bottles.
11. If you have a broom in the house and hardwood floors you can use the piece of paper as a hockey puck, the broom as a stick and the legs of a chair can be the goal. See how far away from the chair you can make the piece of paper go and still get it under the chair.