

# PHYSICAL EDUCATION NEWSLETTER



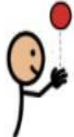





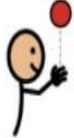


MAY 18<sup>TH</sup> – 22<sup>ND</sup>













Stay Safe!  
Stay Active!  
Stay Healthy!



## 3-5

**Tossing and Catching Challenges to practice:** Some of these may have to be done outside so you toss your object high. Practice these a couple times during the week.

 Toss	 Catch	
 Toss	 Clap	 Catch
 Toss	 Touch Knees	 Catch
 Toss	 Touch Toes	 Catch

 Toss	 Jumping Jack	 Catch
 Toss	 Squat	 Catch
 Toss	 Jump 1/2 Turn	 Catch
 Toss	 Push Up	 Catch

# Wellness BINGO

Complete 5 in a row in any direction. Can you get a family member to do 5 with you?

 <p>Find a comfy spot to read</p>	 <p>Drink at least 6 glasses of water today</p>	 <p>20 Jumping Jacks</p>	 <p>Sing a song</p>	 <p>Make up a bowling game</p>
 <p>Run around your house or on the spot for 1 minute</p>	 <p>Look out a window and count how many birds you see</p>	 <p>Draw a picture showing the best part of your day</p>	 <p>Play a game with your family (board, card, sport, etc)</p>	 <p>Tell a joke or make someone laugh</p>
 <p>Call or video chat with someone you miss seeing</p>	 <p>Complete 20 squats (no weight!)</p>	 <p>FREE CHOICE</p>	 <p>Use a jump rope or pretend to jump rope</p>	 <p>Listen to sounds outside</p>
 <p>Lift soup cans over your head 10-15 times</p>	 <p>Family Walk</p>	 <p>Balance on each leg 10 seconds</p>	 <p>Create a game using sock balls &amp; a basket or box</p>	 <p>Help prepare a meal</p>
 <p>Hold a plank for 20 seconds</p>	 <p>Nice</p> <p>Give a compliment to everyone in your house</p>	 <p>Dance!</p>	 <p>Ask for a healthy snack</p>	 <p>Play Hide &amp; Seek</p>

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## Yoga Poses:

### Yoga Time!



Star Wars : A Cosmic Kids Yoga

<https://www.youtube.com/watch?v=BEPxPkQY6V8>

I hope that all of you are well. I miss seeing you. Stay Safe, Stay Active, and Stay Healthy!!

