

PHYSICAL EDUCATION NEWSLETTER

MAY 18TH – 22ND

Stay Safe!

Stay Active!

Stay Healthy!



K-2

Outdoor Exercise:

Pin in the Middle


Equipment: Ball, Pin (Plastic Bottle)

Place the pin in the middle of the playing area and have a player line up on opposite sides of the pin. On the count of three, both players kick their ball toward the pin at the same time. A point is scored each time the pin is knocked down. With each successful knockdown, players take one step back from the pin.

Kicking Technique: Point your non-kicking foot at the target and place beside the ball. For more accuracy, use the inside of your kicking foot to contact the ball, follow through with the kicking foot towards the target.

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 & a basket or box</p>	 <p>Help prepare a meal</p>
 <p>Hold a plank for 20 seconds</p>	 <p>Give a compliment to everyone in your house</p>	 <p>Dance!</p>	 <p>Ask for a healthy snack</p>	 <p>Play Hide & Seek</p>

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Yoga Poses:

Yoga Time!

Hold each pose for the count of 10, then try again!



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!!