

PHYSICAL EDUCATION NEWSLETTER

JUNE 8TH – 12TH

Stay Safe!

Stay Active!

Stay Healthy!



K-2

Fitness Activities:

Outdoor Exercise

Simon Says

Preparation: Place the following words in a basket; over, above, in front of, inside, next to, under, below, behind, outside, and between.

Play 'Simon Says' outside with a family member. In this version of the game, the player that is Simon, chooses a word from the basket. He/she uses the chosen word and gives the other player a task to do. For example, "Simon Says run and stand beside the maple tree". "Simon Says, do a jumping jack on the driveway." Take turns being Simon. Remember, if Simon does not say "Simon says" before a task, then the player should not do the challenge.

Explore some of the wonderful trails in our community: QPlex Trails, Spy Glass, Shady Grove, Hammond River Park, Queensbury trail.

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Fitness Activity:

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>Go on a walk 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>

Try a different row each day! Can you complete the whole BINGO card by the end of the week?

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Yoga Poses:

YOGA TIME

Click on the following link:

<https://www.youtube.com/watch?v=X655B4ISakg>



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