

PHYSICAL EDUCATION NEWSLETTER

APRIL 13TH-17TH



Stay Safe!
Stay Active!
Stay Healthy!

Weekly Fun Fitness Challenge! 3-5

Your Goal: Complete each exercise every day. Work hard and have fun!!

You can challenge your family members for the week! For an extra challenge, you can also time yourself to see how long it takes you to do the 6 exercises. Each day you complete the exercises place a check mark in the box. If you do not have a printer you can make your own sheet and you can shadow skip if you do not have a jump rope.



Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 jump ropes							
30 jumping jacks							
30 side to side jumps							
30 mountain climbers							
30 high Knees							
30 squats							
Play outside for 30 minutes							

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Throwing Bingo

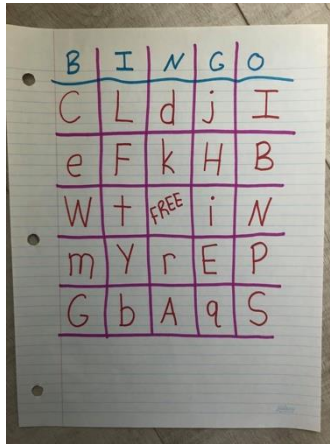
What you need:

- Homemade bingo cards
- Homemade “bingo balls” (letters)
- Objects to throw
- Targets

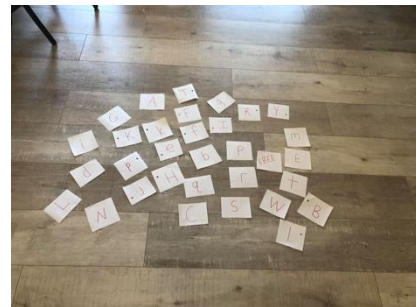
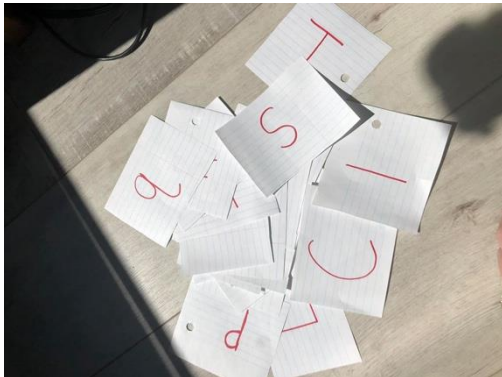


How to play:

- Create a bingo card/cards using capital and lowercase letters.



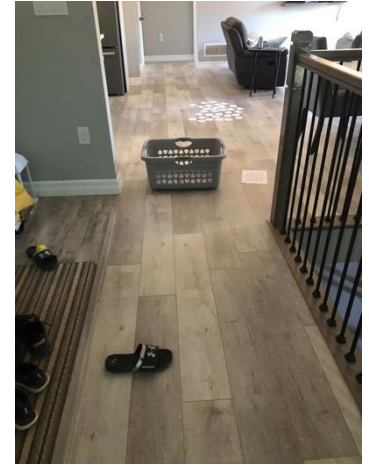
- Write the same letters that are on the bingo card on separate pieces of paper to make the “bingo balls” and spread them out, face up in the center of the playing area. If you have 3 bingo cards with the letter “A,” make sure you have 3 “A” in the center. You may also add extra “letters” for more of a challenge.



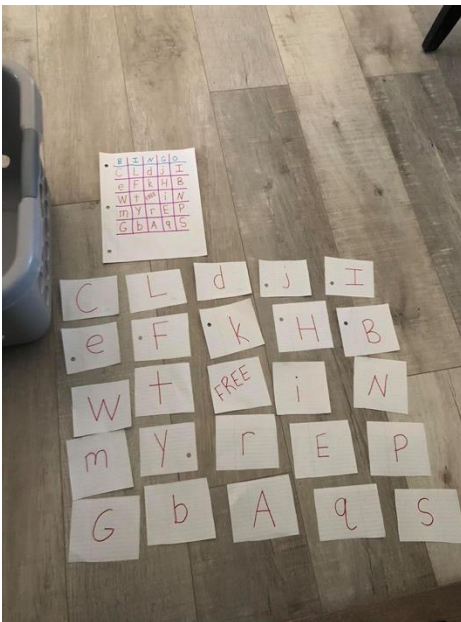
Assign each child their “home base” with a bingo card, a throwing object, a target and their throwing line. When the game starts, the children throw their object at the target, once they hit their target they can run to the center and get a letter to place on their bingo card. If it’s a match they can keep it, if not run back and change it for another letter. Play continues until they have bingo (all matching letters).

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- In order for them to have bingo, their letters must be in the same order as their bingo card.



- If you only have one child playing, you could time them and see how long it takes them. Play at another time, and time then again.
- There are many adjustments you can make for this game.
 - Instead of letters you could use sight words, numbers, etc.
 - You can adjust the bingo card to be smaller or bigger.
 - Instead of throwing, have the children do a different task such as running in a circle before going to the center, hopping on one foot to the center and back, etc.



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