

PHYSICAL EDUCATION NEWSLETTER

APRIL 20TH – 24TH

Stay Safe!

Stay Active!

Stay Healthy!



Movement to Music:

Beep! Beep!

Go to this [link](#) and get ready to drive your car! Make sure you have cleared your space! Remember only go as fast as the music is playing!

Manipulative skills:

ACTIVITY CARD

BEAN BAG

Activity Name	Description	Outcome Focus
PART 1		
Locomotor Moves	<p>With bean bag on the floor in personal space:</p> <ul style="list-style-type: none">• Walk around the activity area and count all of the bean bags.• Jog in the area. On signal, freeze and point to any beanbag.• Gallop in the area. Freeze, listen for a color, and then find a beanbag that color and touch it with your toe.• Leap over beanbags in area.• Slide (jump, hop, skip) in the area. When music stops, find a new bean bag and stand on it.	Travels in Relationship with Objects
Toss and Try	<p>Toss bean bag straight up and then:</p> <ul style="list-style-type: none">• Clap 1 time before it hits the floor.• Clap 1 time and then try to catch it.• Clap as many times as you can before it hits the floor.• Clap as many times as you can and then try to catch it.• Toss with right hand only (repeat tasks above)• Toss with left hand only (repeat tasks above)• Toss and turn 360 degrees before the bean bag hits the floor.• Start with the beanbag on top of your foot. Flip it into the air and <u>try</u> to catch it.	Catches a Soft Object
Super Moves	<p>With bean bag on the floor:</p> <ul style="list-style-type: none">• Stretch your body and log roll over it back and forth.• Start low like a frog, and then jump over it backward and forward; side-to-side.• Sit on the floor. Stretch and curl by picking the beanbag up with your feet, reaching and touching it with your hands, and then stretching and setting it back down.	Demonstrates Twisting, Bending, Stretching

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FITNESS ACTIVITY:

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.

he's
EXTRAORDINARY
TOOLS FOR RAISING AN EXTRAORDINARY PERSON

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YOGA:

Yoga Time!



Let's practice our balancing skills! What do we do with our body to help us balance? Try out some [Cosmic Yoga](#) or <https://www.youtube.com/watch?v=Td6zFtZPkJ4>

Can you keep your balance while following along?

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

