

# PHYSICAL EDUCATION NEWSLETTER

APRIL 27<sup>TH</sup> – MAY 1<sup>ST</sup>

Stay Safe!

Stay Active!

Stay Healthy!



## Fitness Activities:

### Rock, Paper, Scissors



**Win** = 2 points, complete a plank and hold and count to 10

**Tie** = 1 point, complete 5 jumping jacks.

**Lose** = 0 points, complete 5 jumps to the moon

Keep playing until someone reaches 20 points. Play another game.

### Obstacle Course

Create an obstacle course using a variety of items. Ex., lawn furniture, sports equipment, sticks and rocks. Once you have created your course, time yourself as you complete it! Try it again and see if you can beat your time. Each time you give it a try use a different locomotor movement. (skip, hop, gallop, run, shuffle)

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**Yoga Poses:**

**Yoga Time!**

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



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