

PHYSICAL EDUCATION NEWSLETTER

May 4-8th

Stay Safe!

Stay Active!

Stay Healthy!



FITNESS ACTIVITIES:

Play this for 10 mins, either by yourself or with your family.

FLIP A COIN WORKOUT

@workouts_daily

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	:60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	:50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushup:
8th time	:60 jog in place	25 jumping jacks
9th time	50 crunches	20 sit-ups

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Mission Possible - Task Sheet

Complete	Missions
	Do 8 sit-ups in each corner of the room.
	Skip one lap around the room.
	Do 12 jumping jacks.
	Touch all 4 walls of the room.
	Hop on one foot from one end of the room to the other.
	Do 15 pretend basketball shots. Nothing but net!
	Crab walk and touch 3 chairs
	Jog on the spot and sing "Row, Row, Row Your Boat".
	Pretend to jump rope for 1 minute.
	Do a wall push-up on each wall in the room.
	Do any dance move for 30 seconds.
	Complete 20 bunny hops.
	Sidestep or gallop across the room and back 2 times.

Complete these tasks alone or do missions together as a team.

Complete the missions in any order.

When you are done with the missions, do a star jump and yell "Mission Accomplished!"

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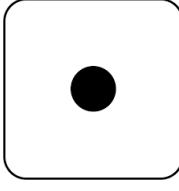
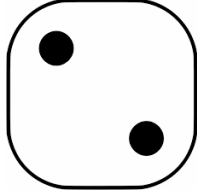
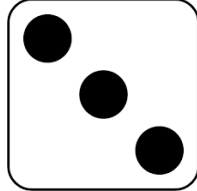
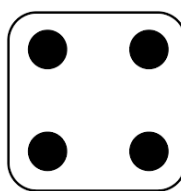

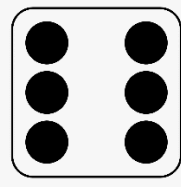

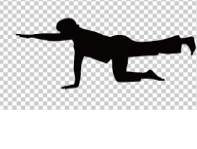






















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Yoga poses:

Roll - A - Pose

Roll 1 die, and then choose a pose in the column underneath your number. Can you hold the pose still for 5 seconds? 10 seconds?

Challenge a family member to a 'who can hold the longest' contest.

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

