

PHYSICAL EDUCATION NEWSLETTER

MAY 4-8TH

Stay Safe!

Stay Active!

Stay Healthy!



FITNESS ACTIVITIES

Challenge Yourself!

Find a basket and socks. Place the basket across the room from you. How many socks can you **toss underhand** into the basket? For each sock that you get in, give yourself a pat on the back. For every miss, do 5 star jumps!

Spelling Fitness: Try using the letter chart and spell out your name or your weekly spelling words. Do each exercise for 30 seconds.

P – Wall handstand

L – V sits

A – Squats

N - Crunches

A - Squats	N - Crunches
B - Bicycle	O - Crab walk
C - Push-ups	P - Wall handstand
D - Wall sit	Q - Dips on chair
E - Jumping jacks	R - Butt kicks
F - Hop in place	S - Squat jumps
G - Plank	T - Burpees
H - Superman holds	U - Side plank
I - Run on the spot	V - Bear walk
J - Mountain Climbers	W - 1-legged airplane
K - Lunges	X - Arm circles
L - V-ups	Y - Step-ups
M - High knee jumps	Z - Lateral ski hops

PHYSICAL EDUCATION NEWSLETTER

MAY 4-8TH

YOGA POSES:

Yoga Time!

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



Frozen: A Cosmic Kid Yoga Adventure

<https://www.youtube.com/watch?v=xlg052EKMtk>



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