

PHYSICAL EDUCATION NEWSLETTER

MAY 11-15TH

Stay Safe!

Stay Active!

Stay Healthy!



3-5

Physical Fitness/Games/Skills:

Let's practice our basketball shot using socks and targets around the house. Remember elbow up and pointing to your target each time you shoot. (should look like an upper case "L")

1. **Around the house B-ball:** Place 7 targets in different locations around the house (boxes, pots, baskets etc). Start your timer and off you go. Your challenge is to score at each location using the least # of shots. (6 feet away from your target) Complete this several times during the week. How fast will you get?
2. **Speed Shot Basketball:** A great game to get your heart rate up and to practice your shot. Place a box or basket on a chair as your target. Now place a book 6 feet away in line with the target, another one 8 feet away and a third 10 feet away. Your goal is to score as many baskets as you can in 3 minutes from behind the 3rd book. After every shot, complete 2 foot jumps over the books back to the start.

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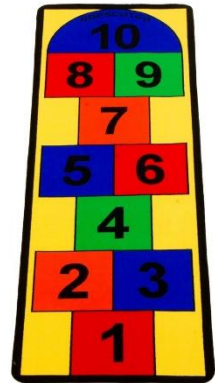
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Fitness Activity:

Can you find some pavement somewhere and draw a hopscotch pattern with chalk? Use a small toy, beanbag if you have one, or a stone as your tossing item (something that won't roll). Teach someone in your family to play; you can watch this for a refresher on the rules of the game: <https://youtu.be/SeN9wQCEsqk>

You can also try some of these hopscotch challenges.

<https://youtu.be/kyc88LnQaY>



Yoga Poses:

Yoga Time!



Release Your Warrior
By Empower Tools

<https://family.gonoodle.com/activities/release-your-warrior-1>

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

