

# PHYSICAL EDUCATION NEWSLETTER

MAY 11-15<sup>TH</sup>



Stay Safe!

Stay Active!

Stay Healthy!

K-2

## Tossing and Catching:

With a partner practice your underhand tossing and catching using the following challenges:

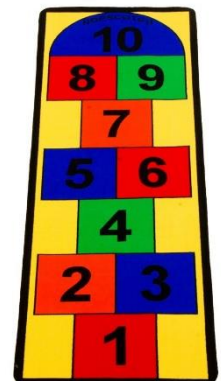
1. **How high can I count?** Each time you catch count out the next # in order. Start over each time you miss your catch.
2. **Alphabet Challenge #1:** Same as above but call out the letters of the alphabet each time you make a catch.
3. **Alphabet Challenge #2:**  
Each time you make a catch this time, you will call out a word starting with each letter. Can you get through the entire alphabet?

## 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/kyc88lLnQaY>



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## 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!!