

PHYSICAL EDUCATION NEWSLETTER

MAY 25TH – 29TH

Stay Safe!
Stay Active!
Stay Healthy!



3-5

Toss and Catch:



AT HOME CATCH QUEST

Try every challenge 20 times each, mistakes count too! You can use a ball, rolled up sock, stuffed animal, or anything you have around the house!

#1



Catch the object with 2 hands

#2



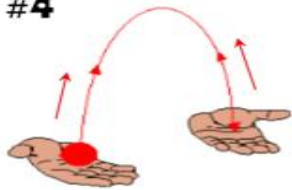
Catch the object with right hand

#3



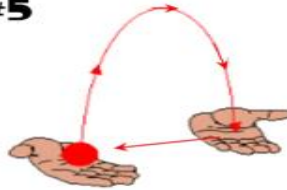
Catch the object with left hand

#4



Toss back and forth between both hands

#5



Toss in a circle pattern

#6



Toss, clap & catch with 2 hands

#7



Toss, clap & catch with right hand

#8



Toss, clap & catch with left hand

#9



Toss and catch behind your back

By: Mike Ginicola @PhysEdDepot

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Fitness Activity:

<h1>100 Exercises</h1>	
 <p>Jumping Jacks x10</p>	 <p>Lunges x10</p>
 <p>Squats x10</p>	 <p>Hop on 1 Foot x10</p>
 <p>Arm Circles x10</p>	 <p>Side Twists x10</p>
 <p>Sit Ups x10</p>	 <p>March x10</p>
 <p>Run in Place x10</p>	 <p>Toe Touches x10</p>

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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!!

