

# PHYSICAL EDUCATION NEWSLETTER

MAY 25<sup>TH</sup> – 29<sup>TH</sup>

Stay Safe!

Stay Active!

Stay Healthy!



**K-2**

## **Throwing and Catching (Stuffie Fun):**

Grab your favourite stuffie! Try tossing and catching your stuffie while doing the action that goes with the number!

1. Touch your thumb
2. Touch your shoe
3. Touch your knee
4. Touch the floor
5. Do the Jive (twist side to side)
6. Do the splits (Jump and split legs apart)
7. Toss to Heaven (way up high)
8. Under the Gate (Lift leg and toss under)
9. Touch your spine (back)
10. Jump and squat and do it all again

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### Fitness Activity:

**Upside Down** – you will need 6 playing cards (Ace, 2, 3, 4, 5, 6) and a die for each player.

Place one die at your start line, and place the six cards face up at the other end of the room. Your distance can be as long or as short as you want.

Players will roll their die and then run to the other end and turn over the card that matches the number that you rolled.

Players will continue running back and forth, rolling and turning the cards over until all the cards are flipped face down.

If you roll a number that already flipped face down, you must turn it back over.

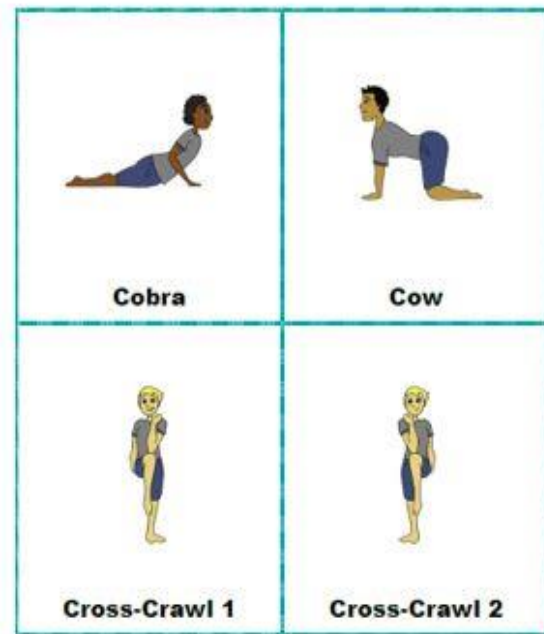
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## Yoga Poses:

### 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!!