

PHYSICAL EDUCATION NEWSLETTER

JUNE 1ST – 5TH

Stay Safe!

Stay Active!

Stay Healthy!



3-5

Throwing activity:

Horse

Grab a pair of your oldest socks and a hamper or clothes basket. Set the hamper at a suitable height to use as a basketball hoop.

Play a game of horse with a sibling or parent. Both people will shoot from the same spot. Each time someone misses, they are assigned a letter until they spell the word h-o-r-s-e.

You do not want to be spelling the word h-o-r-s-e.

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Fitness Activities:

A- Outdoor Fun: Family Decathlon Decathlon is a 2 day Olympic event that includes 10 different sports/activities. As a family set up your own competition including the following events:

1. Standing long jump
2. Run around your house for time
3. Frisbee target throw
4. Running long jump
5. Soccer target kick
6. Football throw for distance
7. Shuttle run
8. Javelin throw with pool noodle
9. Limbo. how low can you go?
10. Jumping jack challenge. Who can go the longest?

B- Technology Active Time

Technology can be a useful tool to help keep you active. As the weather gets nice, we encourage you to enjoy the fresh air. However, on days it is not possible to get outside, try the following links for some fitness dance fun!

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

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

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Yoga Poses:

Click on the following link:

Yoga For Kids

<https://www.youtube.com/watch?v=X655B4ISakg>

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

