

PHYSICAL EDUCATION NEWSLETTER

JUNE 1ST – 5TH

Stay Safe!

Stay Active!

Stay Healthy!



K-2

Thowing game:

HORSE

Targets: 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. If you're the last one spelling Horse, you're the winner!

Challenge:

Let's practice your hand -eye coordination and reaction time **using balloons** today.

Try the following by yourself or with a partner.

1. Keep the balloon in the air using the following body parts: left hand, right hand, elbow, knee, foot, head. How many in a row can you do with each body part?
2. Make up a routine using 5 different body parts in a row to keep the balloon in the air.
3. Play balloon tennis with a partner or by yourself. Make a line on the floor as your net. If playing by yourself, switch sides after each hit.
4. Can you make up your own game?

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Fitness Activity:

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?

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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!!