

PHYSICAL EDUCATION

KINDERGARTEN THROUGH SECOND GRADE

The purpose of distance PE is to keep our students and their family moving and having fun! Our goal is to provide our students and their families with some resources to stay active and healthy from home.

Goal of the week!

This week in PE we're working on Catching. Catching is an important skill for multiple different sports and games. Some examples of catching games are baseball, dodgeball, football, basketball, and softball!

Catching Tips!

- Watch the ball
- Move your feet so you're in front of the ball.

Daily Challenges!

How many of these activities can you complete a day? If you complete the activity you can check it off! Invite your family members to join you and remember to never go outside without asking an adult first!

Wednesday 4/29	Thursday 4/30	Friday 5/1	Weekend Bonus activities!	Monday 5/4	Tuesday 5/5
<input type="checkbox"/> Take your family on a walk <input type="checkbox"/> Do arm circles for 3 minutes <input type="checkbox"/> Turn off your tv for the whole day	<input type="checkbox"/> Run like a puppy dog around your yard <input type="checkbox"/> Play Freeze tag with your family <input type="checkbox"/> Make a parachute with a sheet	<input type="checkbox"/> Gallop like a horse around your house <input type="checkbox"/> Do 25 sit ups <input type="checkbox"/> Go on a bike/scooter/skateboard ride or a walk	<input type="checkbox"/> Jump rope for 50 jumps <input type="checkbox"/> Make up a dance and video it <input type="checkbox"/> Play Tag <input type="checkbox"/> Go on a Nature Scavenger Hunt (see back)	<input type="checkbox"/> Run for 5 minutes <input type="checkbox"/> Challenge yourself and do as many pushups as you can <input type="checkbox"/> Play hop-scotch	<input type="checkbox"/> Do 50 Jumping Jacks <input type="checkbox"/> Walk like a crab around your house <input type="checkbox"/> Go rock hunting/collect some rocks

Nature Scavenger Hunt

