

# PE Class K-5 Week #10

For the next few weeks, I am going to be providing video workouts, demonstrating skills, and other sorts of activities specific towards P.E. I am really excited to be offering these videos as educational tools to help parents and the students in maintaining and being enthusiastic about lifelong fitness! Feel free to press play and follow along, even you parents and families!

K-5

In May we do a lot of fitness testing. We evaluate our agility, our muscle strength, endurance and our mental strength as well. We do this in a variety of different ways but since we are not together, I thought it would be fun if we all did it together. I have uploaded a video of me here -

<https://youtu.be/PCWbUodNvYE> -

I demonstrate the skills and workouts we can do. I challenge each student to do this, write their score down, and keep practicing daily. At the end of the next week or two, evaluate yourself again and see how you can or did improve! Information is power when it comes to fitness and exercise and understanding what you do well and have fun doing helps students with maintaining fitness throughout their lives!

As always, I love seeing the pictures, videos, cards, ANYTHING that you all send to me! Please keep them coming! I also encourage you families to continue to stay active and be together. Let us use this time to get better and develop an even deeper commitment to one another!