

# PE Class K-5 Week #8

If you and your family have found ways to get some exercise that everyone enjoys, do that. This is a time to have fun and do something different. Fitness should be fun for kids. We are encouraging lifelong fitness and fun should be the number one goal!

Keep being active.

K-5

I always get asked what my favorite unit for P.E. class is. I can never just pick one but a staple answer of mine is usually floor hockey. So many skills are used in hockey and having the students use their hand-eye coordination with a long lever like a hockey stick is great development. Now unfortunately we can't play hockey, but instead of worrying about what we can't do, I always try to be thankful for what we CAN do.

Below is an awesome at home way to play "Air hockey." This game can be used with a book, a ball and, cones, cups, mats, whatever! Be creative and have fun. Send videos or pictures!!

<http://www.viewpure.com/nU4kajfyPkE?start=0&end=0>

Also, Roger had a message for everyone but really all he does is go to the bathroom and nap. Be on the lookout for a special message :)

