

PE Class K-5 Week #7

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

Another physical education teacher friend of mine has shared with me this awesome website :

www.thepespecialist.com/peathome/

This website consists of so many fun activities! Not only fun, but skill based activities as well which is very important. I encourage you all to focus on fun, but sprinkle in some skill based work as well.

Skill focus: K-2 Striking (from the website above):

<https://www.youtube.com/watch?v=k-S1w0xxWXI&feature=youtu.be>

Skill focus: 3-5 Overhand throwing: (from website):

<https://www.youtube.com/watch?v=vdAbRz62tCQ&feature=youtu.be> (we have worked on this, important to reiterate to them to always step with the opposite foot of their dominant hand, the hand they write, color and eat with for example.

I also have some fun news for everyone.. I got a puppy! His name is Roger and he loves his naps! He is excited to see everyone soon!!

