

PE Class K-5 Week #4

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.

<p>Grade K-5</p>	<p><u>Online Activity</u> This online activity is something we do in our PE class and the students absolutely love it. This link has a fitness version of the board games Connect Four, as well as, Tic Tac Toe, but with a twist. I am excited to hear how your family loves these games! Please do not hesitate to ever reach out to me! A video, a picture, anything! Miss all my students and please tell them I am thinking of them!</p>
	<p>As always though -</p> <p>MORE IMPORTANTLY: Just get out and move together! Fitness should be fun and the more you can do together, the more fun and important it comes off to kids! Thank you for your continued support!</p> <ul style="list-style-type: none">● March was fitness month for the PE curriculum. Starting next week, I will introduce what our April focus is.● April will also consist of different health videos on Brain Pop!● Thank you for your emails, photos, everything! Keep being positive and keep working hard!