

I hope that everyone is doing well and getting some physical activity every day! I miss seeing my students and teaching PE! I have listed some activities for you to do this week! Have fun, be safe, and please get moving!

1. Do some stretches and exercises
2. Twirl a hula hoop
3. Create some dances to music
4. Walk with a family member
5. Climb some stairs
6. Play a sport
7. Count to 30 when you jog in place
8. Touch your head, shoulders, knees, and toes 10 times
9. Jump rope
10. Do some locomotor movement (running, skipping, galloping, hopping, and jumping)

Healthy Habits from the American Heart Association: HELP OTHERS

1. Find ways to help your friends and family members.
2. Help in your community and at school.
3. Show you care by lending a helping hand.

Jokes from the book LAUGH - out- LOUD A+ JOKES for KIDS by Rob Elliott

1. Q: How do the basketball players stay cool during games?
A: They sit by their fans.
2. Q: Why did the gym class learn karate?
A: The teacher thought they would get a kick out of it!
3. Q: What do airplanes and football players have in common?
A: They both have touchdowns.

Take care, stay healthy, and hope to see you soon!

Mrs. Braathun