

April 13, 2020

Hi! I hope you all are doing well. I miss you and want you all to know that I understand that these are difficult times and it might be incredibly hard to understand, but we WILL get through this!!!!

Since we now know we will be out for the remainder of the school year, I will be preparing weekly activities for you to do at home. These can be done any day of the week. I hope you enjoy them!

K-2 Warm-up: Find a safe place to run or jog in place for 2 minutes.

1st activity: <https://youtu.be/oUYSYLC1UIA>

2nd activity: <https://www.youtube.com/watch?v=sOVFn2oZXWE>

3 - 4 Warm-up: Find a safe place to run for 3 min.
(laps around your house, run from one wall to another)

Warm-up/Stretch: <https://www.youtube.com/watch?v=dRQf3yFXO1Y&t=107s>

Activity: https://www.youtube.com/watch?v=K4DnPhR9_mo

5-6 Warm-up: Find a safe place to run for 4 min.
(laps around your house, run from one wall to another)

Activity 1: <https://www.youtube.com/watch?v=d3LPrhI0v-w>

Activity 2: https://www.youtube.com/watch?v=K4DnPhR9_mo

Remember to drink plenty of water and take breaks when needed.

Here are a couple links to games you can play whenever you want.

Skee-Ball: <https://www.youtube.com/watch?v=FapqhOp8yWQ>

Obstacle Course: <https://www.youtube.com/watch?v=wjNfrWnOR7s>

You might have to tweak these games a little so be CREATIVE!!!

Hope you enjoy-- Mrs. Shifflett