

HOME P.E. LESSON 3

Please print off or create an activity log and write down all of the active things you have done and for how long each day.

WARM UPS

- Star jumps
- Blast offs
- Hops
- Windmills
- Toe touches
- Quad Stretches
- Arm circles
- Huggies/Squeezies
- Jumping Jacks
- Tree Run or Run in place for 60 seconds.

THIS WEEK'S ACTIVITY

This week you are going to check out and complete Coach Harden's fun activity on the PVPV/Rawlings P.E. website. The activity is located under "3-5 – Coach Harden" on the website. Coach Harden put together a cool video called "Fun and Games" that explains everything. The activity in this video is a fun game called "Tic Tac Toe." Coach also put some great agility

drills in her video. So check out her video and have a blast being active!

- REMEMBER ALWAYS DO YOUR BEST.
- EAT LOTS OF FRUITS AND VEGGIES.
- AND REMEMBER PRACTICE MAKES YOU BETTER. KEEP WORKING ON ALL OF YOUR SKILLS, WHETHER ITS ACADEMICS, ATHLETICS OR ANY EXTRA CURRICULAR HOBBY OR ACTIVITY YOU TRY.

I MISS YOU ALL SO MUCH!

Coach Matt