



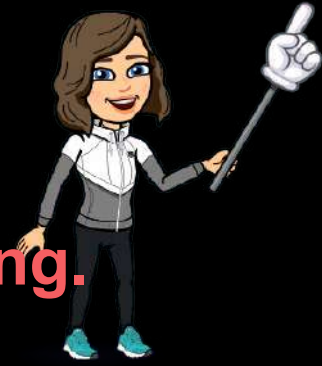
Welcome to
P.E.!!

Ms. Chassman





1. If the teacher's talking, you are listening.



2. If you have a question, raise your hand.

3. Keep hands and feet to self



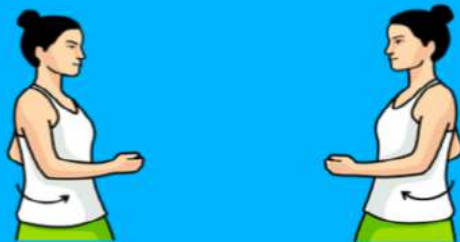
SIT AND REACH



SHOULDER STRETCH



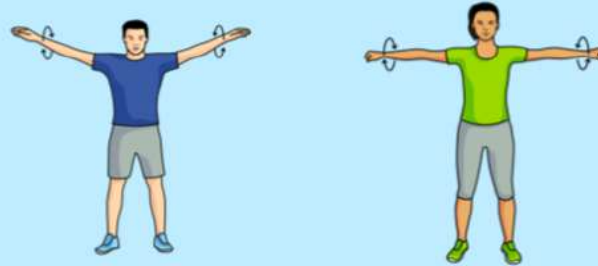
WASHING MACHINE



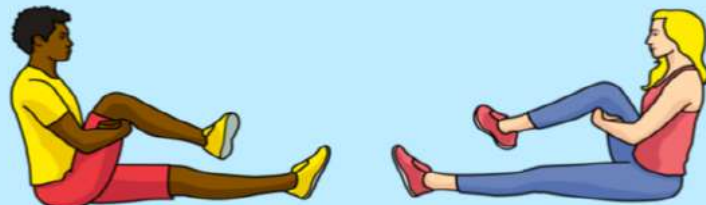
BUTTERFLY



ARM CIRCLES

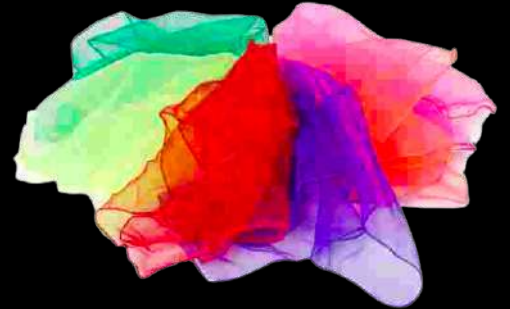


ROTATE ANKLES



Scarf Ground Rules:

1. If the scarf falls down, pick it up.
2. Do your best!



Warm up: Star Wars!





SCARF CHALLENGES WITH COACH SMITH



Scarf Trick Show and Tell:

Practice a FAVORITE trick

-OR-

Make up a NEW one!



Time to clean up!!

