



Welcome to  
P.E.!!

Ms. C





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

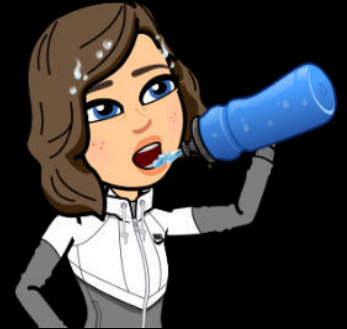


2. If you have a question, raise your hand.

3. Water at the end of class

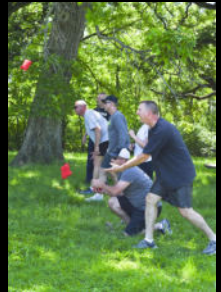
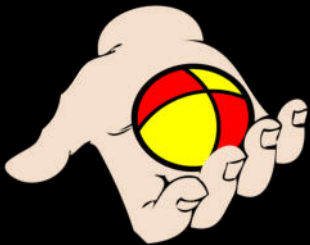


4. Keep hands and feet to self

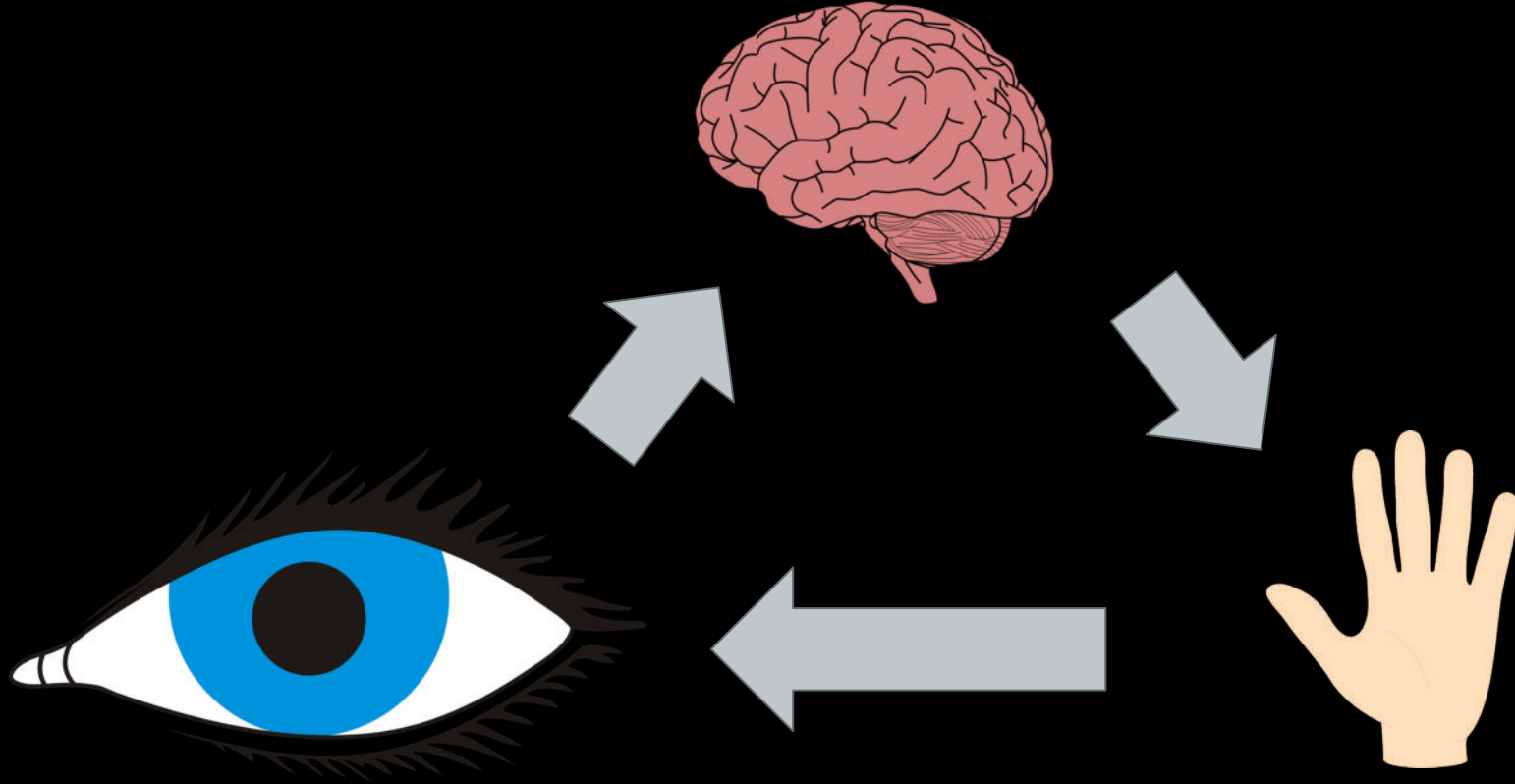


## Bean bag Ground Rules:

1. If the teacher's talking, bean bag down (not in hands).
2. Keep track of your bean bag, don't trade with a friend
3. Keep the bean bag in your own space/under control (not too high).
4. You get what you get and don't pitch a fit.



# Hand - Eye Coordination



# Once you have a bean bag, get warmed up:



Toss and catch

Toss clap catch

Under the leg/catch

Rainbow (one hand to the other)

One handed toss and catch

Toss, spin, catch

-OR-

Make up your own!!

5

# Game: Bean Bag Tag



Bean bag must slide on the floor (underhand).



Bean bag must hit ankle or below.



If hit, perform 10 Jumping Jacks and return to play!

# Cool Down: Square Breathing

