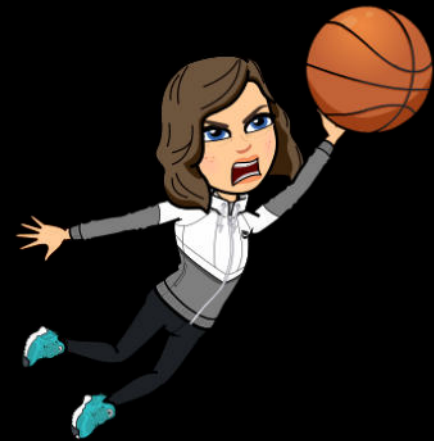




Welcome to P.E.!!

Mrs. Redfern





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

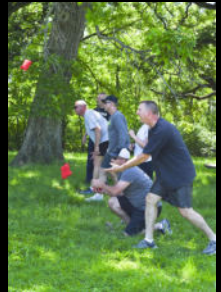


4. Keep hands and feet to self

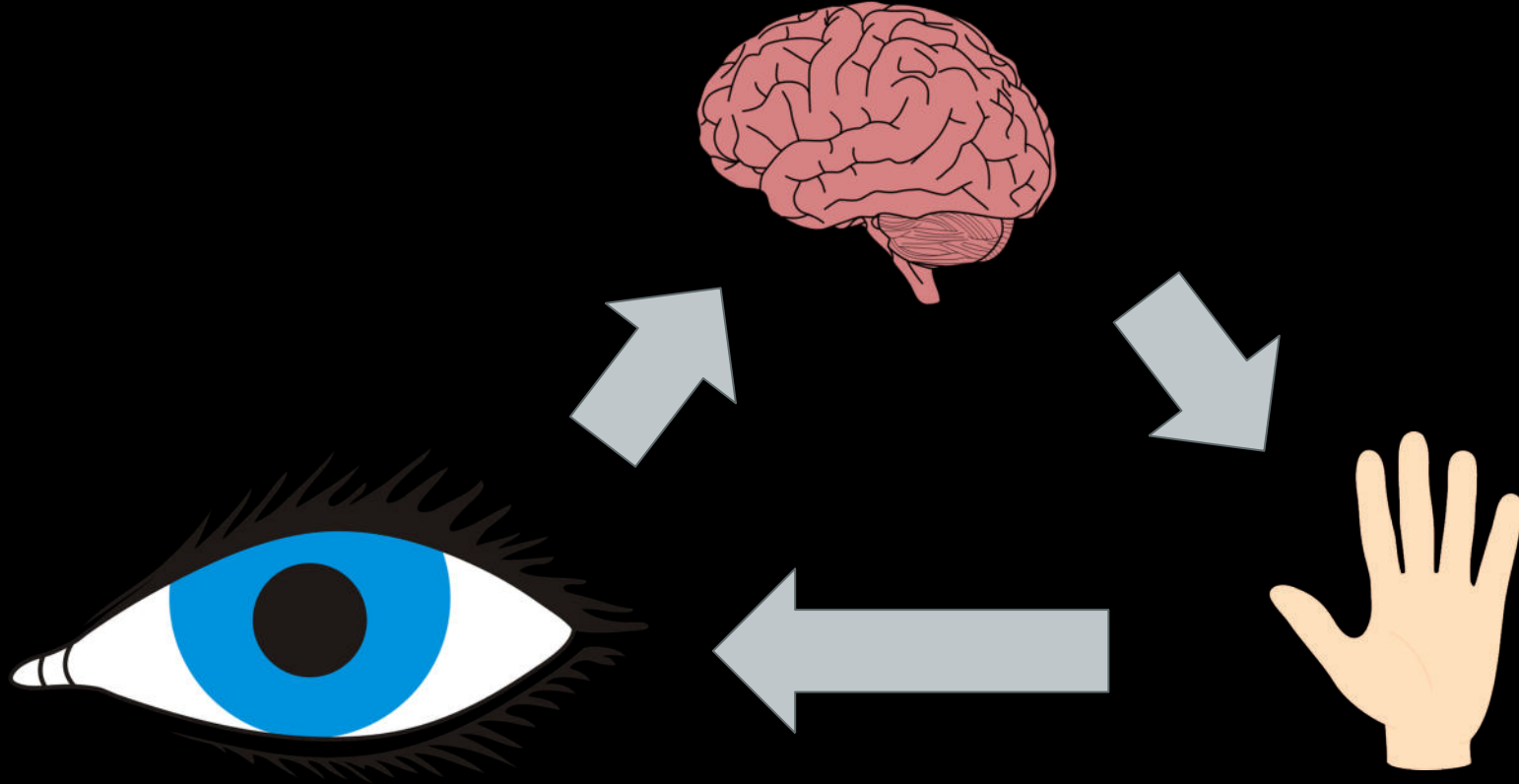


Bean bag Ground Rules:

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)

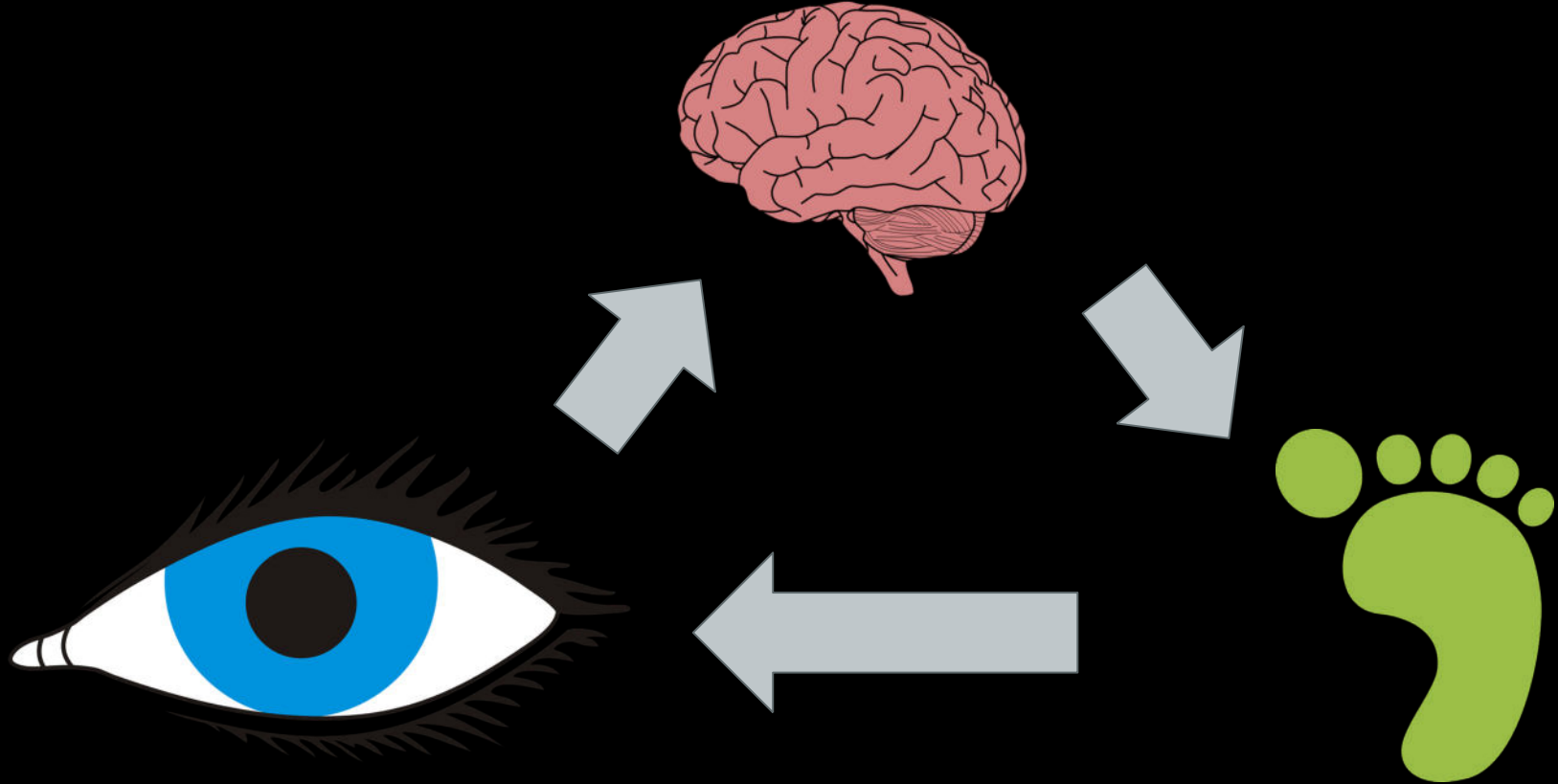
One handed toss and catch

Toss, spin, catch

-OR-

Make up your own!!

Foot - Eye Coordination



SOCKBALL (HACKYSACK STYLE) CHALLENGE

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

