

Welcome to

PE

With Ms. C!!

Movements to know:

Dance

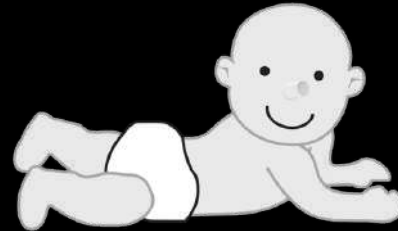
Jump

Wiggle

Tip toe

Crawl

The Sprinkler



FLOOR IS LAVA



Warm Up Stretches (10 seconds each)

SIT AND REACH



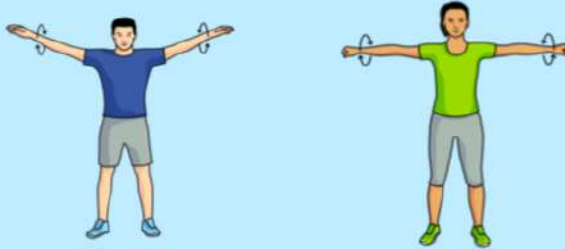
BUTTERFLY



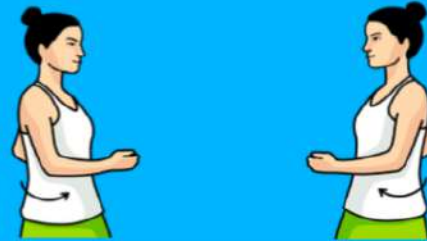
SHOULDER STRETCH



ARM CIRCLES



WASHING MACHINE





Balloon Show and Tell:

Practice a FAVORITE trick

-OR-

Play Keepy Uppy with Bluey!



Cool Down: Rainbow Breathing

