



# 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





#### Warm up: The FREEZE!!





#### Walk





# Gallop





### Slide





#### Jump





# Hop







#### Locomotor Movements







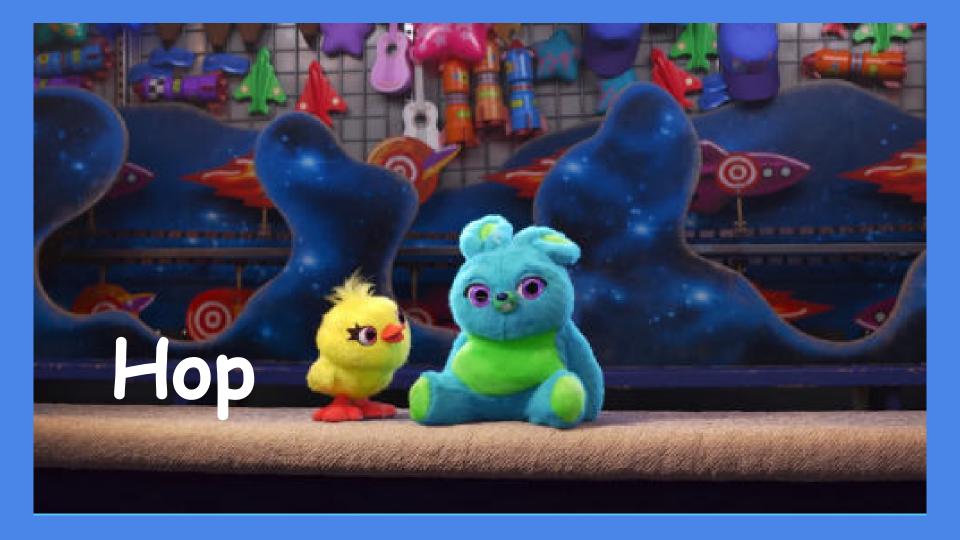
# Andy's MOM!!!!



Freeze and lay down!!!!







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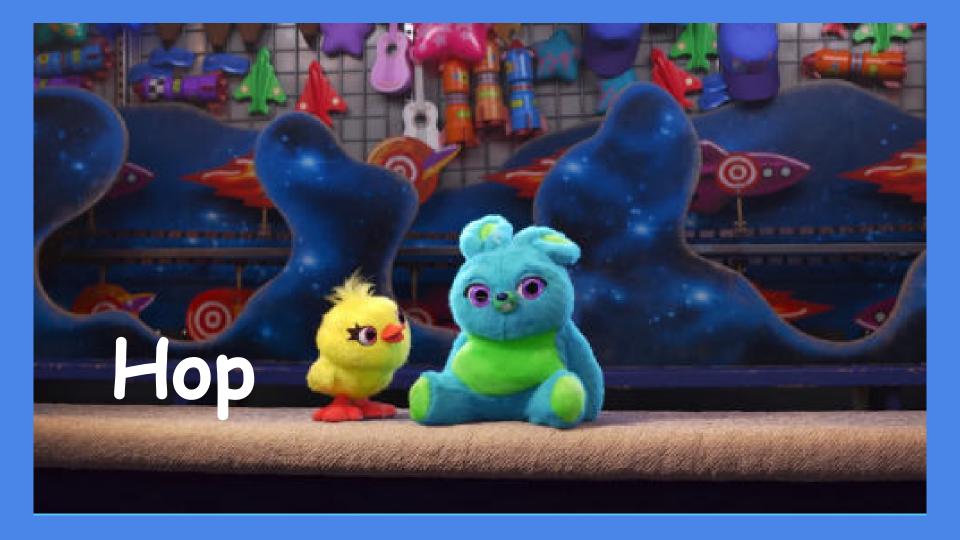




# Andy's MOM!!!!



Freeze and lay down!!!!







# Cool Down

