



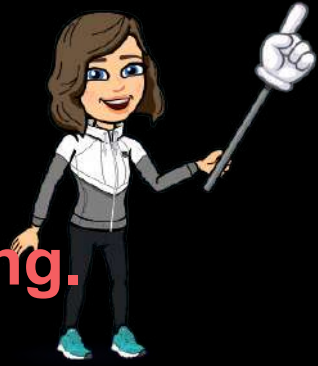
Welcome to P.E.!!

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:

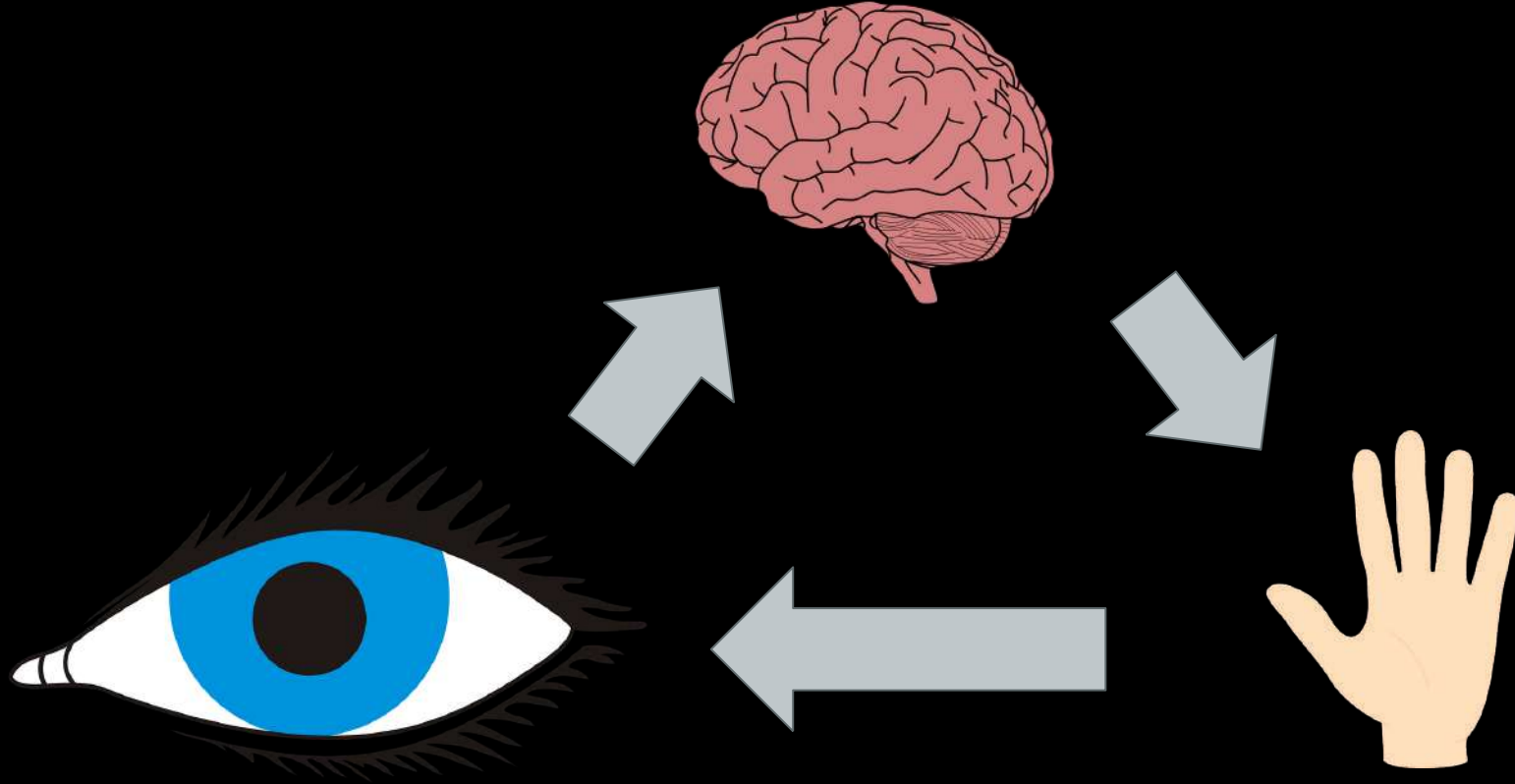
1. If the teacher's talking, bean bag down (not in hands).
2. Keep track of your bean bag, don't trade with a friend
3. Keep the bean bag in your own space/under control
(not too high).
4. You get what you get and don't pitch a fit.



Warm up: Wipe Out!



Hand - Eye Coordination



SOCK BALL

Bearbag or stuffed animal

CHALLENGES



Free Choice Bean Bags:



Toss and catch

Toss clap catch

Under the leg/catch

Rainbow (one hand to the other)

One handed toss and catch

Toss, spin, catch

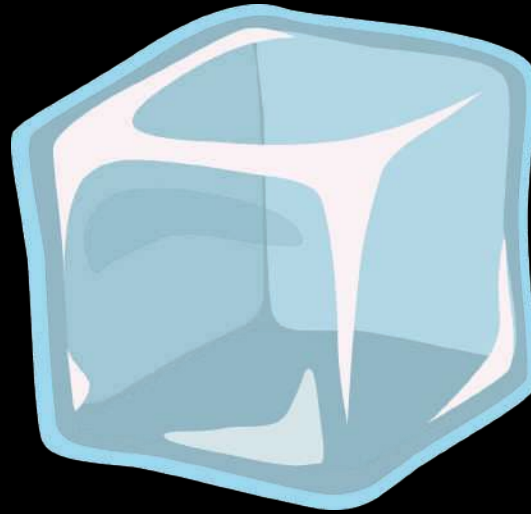
-OR-

Make up your own!!

Game: Freeze Tag



Bean bag on body part



If it falls off, FREEZE



When the music stops, start over!

Cool Down: Square Breathing

