



# Welcome to P.E.!!

Mrs. Redfern



# Mrs. Redfern's Zoom P.E. Rules:

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, not at your chromebook
4. Keep hands, feet and mouth to yourself



# Safe Space



\*\*\*Always check to make sure that you have SAFE SPACE. If you can touch something or someone,  
MOVE AWAY!!\*\*\*





# H2O Break!



# Cool Down: Belly Breathing

