



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



Safe Space



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



:00

**STUDY
THE
PICTURE**



H2O Break!



Cool Down: Belly Breathing



Cool Down: Bubble Breathing

