

# P.E.

(Week of March 16-20)

First do some warm up exercises (1 minute each)

Jumping Jacks

Marching

Sit-ups

Grapevine

Activity- Go to Cosmic Kids Yoga

Pick your favorite one and let me know!!

(20-25 minutes)

Here is the link

<https://youtube.com/user/CosmicKidsYoga/featured/www>.

If the weather is permitting go outside for a jog, run, or walk and get your laps in. Keep track of your laps.

Throw or kick a ball around the yard.

Teach your family how to play Banana Tag or Rock,

Paper, Scissors, Train.

Have a great week!!