

P.E.

(Week of March 23-27)

First do some warm up exercises (1 minute each)

Hopping

Seal Walk

Crab Walk

Grapevine (Mrs. Boyer's favorite)

Activity - Choice Day (20-25 minutes)

Go to Just dance for kids 2014

Do Jump Rope Activities

Do Hula Hoop Activities

Here are the Links

https://www.youtube.com/watch?v=VwYKqlz59lo&list=PLG9d1nQas_QfhSZfAmBObPFtv2REEFqME&index=1

<https://www.youtube.com/watch?v=ziLHZeKbMUo>

<https://www.verywellfamily.com/jump-rope-games-1256809>

<https://www.thepespecialist.com/hulahoop/>

Have a great week!!