**E-Learning Assignment**

**PE-4**

**K-2**

Hi there! Please finish all the assignments by the end of the week (Friday.) I would encourage you all to do as much movement as possible every day to stay strong and healthy! If you or your parents have any questions please email me at [jlmcdonald2@cps.edu](mailto:jlmcdonald2@cps.edu). I will surely miss you all!

Best,

Ms. Howe

**Week of March 17-20**

**Due date: End of the week**

Assignment #1: Begin PE with our normal warm-up routine. Instead of doing 10 of each let’s try and do 15 of each of what you can. Warm-up is (forward arm circles, backward arm circles, jumping jacks, push-ups and lastly sit-ups.)

Assignment #2: Go to youtube.com and type in “cosmic kids” and click the Alice and Wonderland yoga video (or use this link (<https://www.youtube.com/watch?v=u8sEfRXRuAw&t=929s>.) Complete this assignment then write down how you feel.

\* If you would like to do another yoga video type in Cosmic kids Frozen or use this link- (https://www.youtube.com/watch?v=xlg052EKMtk.)

Assignment #3: Log feelings after yoga.

YOGA LOG

Day 1: I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Day 2: I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Day 3: I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Day 4: I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Day 5: I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.