

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 jilmcdonald2@cps.edu. I will surely miss you all!

Best,

Ms. Howe

Week of March 23-27

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 Moana yoga video (or use this link (https://www.youtube.com/watch?v=5y3gCrL_XIM.) Complete this assignment then write down how you feel.

** If you would like to do another yoga video type in Cosmic kids Trolls or use this link- (<https://www.youtube.com/watch?v=U9Q6FKF12Qs&t=9s>.)

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_____.