**Physical Education Lesson #7**

**BE CREATIVE WEEK!!!**



**HI KIDS AND FAMILIES!!!**

**Everyone has been doing such a great job completing the Physical Education Lessons each week. Mr. Feiss and I decided to allow you to be creative this week! We still want you to complete our class warm-up at least 3 times this week:**

* **Speed walk and jog for 1 minute**
* **Stop and stretch to the sky and touch toes**
* **Skip for 1 minute**
* **Stop and perform 10 arm circles frontwards and backwards**
* **Gallop for 1 minute**
* **Stop and perform 10 jumping jacks (1st and 2nd Grade) or 10 out and ins (Kindergarten)**
* **Cool down walk for 1 minute**

**PLEASE COMPLETE AN ACTIVITY OF YOUR CHOICE, 3 TIMES A WEEK FOR 20 MINUTES. THE ACTIVITY HAS TO BE SAFE AND MONITORED BY AN ADULT. PLEASE CHOOSE AN ACTIVITY THAT RAISES YOUR HEART RATE!!! DON’T FORGET TO DRINK PLENTY OF WATER AND TAKE A BREAK IF YOU NEED IT!** 

**HERE ARE SOME EXAMPLES:**

* **Bike riding**
* **Dancing**
* **Basketball**
* **Yoga**
* **Soccer**
* **Exercise video**
* **Go noodle**

**\*\*\* Have fun!!! Please email Mrs. Miller or Mr. Feiss once you have completed 3 days of activities. We would love to hear the activities you chose!**

**Mrs. Miller:** [**MillerA@dvsd.org**](mailto:MillerA@dvsd.org) **or Mr. Feiss:** [**FeissJ@dvsd.org**](mailto:FeissJ@dvsd.org)

**Take Care and Keep Moving, Mrs. Miller and Mr. Feiss 😊**