

Dear P.K.-6th Grade Students of RCS,

I miss seeing everyone. Here is your week 2 update for P.E.
I hope you continue to follow our class exercise routines daily, or you are at least staying physically active in other ways.

Along with our routines, that I put up on the web page last week, try adding the following for fun while continuing to challenge yourselves.

PK-2

We were starting our rhythms and dance unit when we left.

Try these 3 fun dances:

'Freeze Dance' and 'A tooty ta-ta ' Kiboomers.com

'Hokey Pokey' with Maximo at Go Noodle

They are fun for all ages - good luck getting the songs out of your head afterwards... lol

3rd - 6th

We were in our basketball unit when we left, but don't be afraid to try the above dances - especially if you have younger brothers and sisters.

If you have a basketball or a playground ball -practice your right and left hand (strong and weak hand) dribbling. Start with stationary, progress to walking and jogging. Relaxed hand, keep the ball low, and stay in control.

Make good decisions where you are practicing these awesome skills. Lol

Also, challenge yourself to do more push-ups and longer plank durations this week.

That's all for now. Check back next week. In the meantimeStay active, stay healthy, and hope to see you soon.

Mr. Mathis