

Week 4 P.E. with Mr. Mathis

Hi Everyone,

I hope you are doing well. Here are some things to do during week 4. Try a week of challenges and keep a journal of your results.

PK-2: Keep doing your exercise routine and locomotor skills. See how many times you can hop on your left foot. Then see how many times you can hop on your right foot without stopping. Keep track and see if you can improve each day. Also keep doing the dances I posted last time. K-2 can also add a jump rope or hula hoop to your challenges. Keep a journal on your improvements.

3rd -6th: Keep doing your exercises, and try to add one extra push-up each day. Also try to see if you can plank for 2 minutes by the end of the week. If you can, try even longer. Also keep practicing your weak and strong hand dribbling. Set up an obstacle course with chairs, hoops or cones. Time yourself to see how fast you can go through it and back. Work on improving each day. If you have a basket at home, work on lay-ups.

That's it for now. Happy Easter.

And as always.....stay active, stay healthy, and hope to see you soon.

Mr. Mathis