

Week 5 P.E. with Mr. Mathis

Hi Everyone,

I hope you are well. Here is week 5 of your online P.E. I have also started sending lessons, through google classroom, to students who have signed up to receive the emails.

1. Daily exercise routine.

2. Moovlee: Workout for Kids “Shape Jump”

<https://www.youtube.com/watch?v=WCILu2RcT1g>

3. Moovlee: “Meditation for Children”

<https://www.youtube.com/watch?v=jKSkAtFUjo0>

Stay healthy, stay active. Hope to see you soon.

Mr. Mathis