

Week 6/7 P.E. with Mr. Mathis PK - 2

Hi Everyone,

Here are some things to do for P.E. this week. I have also been adding things via Google Classroom for those who have provided email addresses.

I hope you are doing your best to stay active and helping your parents around the house. I really miss seeing you. I would love to hear from you.

- Try to perform our regular exercise routine daily.
- Moovlee: Yoga for Kids - “Maintaining Good Posture”
<https://www.youtube.com/watch?v=yhY2Tv36mXw>
- Moovlee: “Fun with Gross Motor Skills”
https://www.youtube.com/watch?v=t_-AUD0DT30

Hang in there, and as always.... stay active, stay healthy and hope to see you again soon.

Mr. Mathis