

Hi Boys and Girls,

I hope everyone is staying healthy. I sure do miss seeing everyone. In the meantime, I would love to hear how you are staying active. Give me a shout on Facebook!

Here is your week 3 Physical Education update: (don't forget our daily exercise routine from week 1, and you can always mix in activities from weeks 1 and 2).

PK - 2nd grade:

- Daily exercises
- Practice skipping, galloping, and hopping on one foot
- Dances from week 2
- New Dances
  - "Head ,Shoulders, Knees, and Toes"- The Wiggles Nursery Rhymes
  - " Chicken Dance ". With Maximo. - GoNoodle

Exercising and dance are more fun in groups. Get your family to join in on the fun. Send photos :-)

3rd - 6th grade:

- Daily exercises. Increase your push-ups and planks. Challenge yourselves!
- Read about the history of basketball - take the quiz for fun. [Ducksters.com](http://Ducksters.com)
- Review dribbling skills - watch video. "How to teach a beginner to dribble a basketball".- Lize Luneau and/or "Top 5 dribbling drills" - Thinepro basketball.
- Practice-Practice-Practice!
- Take care of yourselves. Be nice to your brothers and sisters. Mind your parents, and...

Stay Active, Stay Healthy, and Hope to see you soon.

Mr. Mathis