

Week of April 20th

Hi Everyone,

How did you do with the skipping rhymes?

Did anyone do a, PE with Joe workout?

Remember to always have permission before you go outside or use the internet.

This week I would like to challenge you to make a TARGET GAME. It can be something you do outside but if you make it for inside be sure to use a sock ball or other soft item to hit your target. With permission, and if you choose to, take a picture\video and share. I am not on Facebook but you can share with me through email. I am looking forward to seeing your creations.

Do a PE with Joe video workout, or several. Do you have a favorite yet?

Create a jump rope routine. Work on building your stamina.

Go for a walk, bike ride, jog, etc... Get outside whenever possible.

Dance!! I am providing a weblink for JUST DANCE. <https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q>

And, don't forget the April Calendar activities that was posted earlier in April.

MOST importantly, keep moving.

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