

# PHYSICAL EDUCATION WITH THE P.E. POSSE

\*Exercise challenge for the week of April 6-10:  
Jumping Jacks-do as many as you can for 30 seconds with correct form.

## Outdoor Activities:

(These can be done 15-30 minutes each day)

- Walking
- Bike Ride
- Running
- Sports-Ex: soccer, basketball, football, softball
- Catching/throwing
  - Frisbee
  - Fishing
  - Bike riding
  - Skate boarding
  - Scooter
  - Skating

\*Remember to make it fun. These are just some examples.  
Get your family involved. Keep your body moving!

