

# **PHYSICAL EDUCATION WITH THE P.E. POSSE**

Physical Education virtual plans this week! Complete each day!  
Top 10 warm-up exercises for kids!

<https://www.bing.com/videos/search?q=Top+10+warm+up+exercises+for+kids+you+tube&docid=608029225391819586&mid=4E5ACD028379A1DE6DE64E5ACD028379A1DE6DE6&view=detail&FORM=VIRE>



## **Health Minute This Week!**

Why is exercising important for kids?

Exercising is important for kids for many reasons! Here are two.....

1. It helps promote healthy growth and development in kids!
2. Regular exercise helps improve a kid's heart health and reduces risk factors for heart disease!

**And of course-exercising is fun!**