

# P.E. Rocks w/ Mrs. Henry

Kindergarten, 1<sup>st</sup> and 2nd

3/18 - Wednesday

Sign up for Jump for Heart if you haven't done so. Here is the link.

<http://www2.heart.org/goto/stthereseschool>

Complete 3 of the challenges.

3/20 - Friday

Practice how to tie your shoes for 10 minutes. This will help Mrs. Henry when you return to school so that YOU can get the most out of your time while you are in gym class. Here's a link that might help. <https://www.youtube.com/watch?v=BeSkBOYUlag>

3/23 - Monday

Go to the Jump for Heart website and complete 3 more challenges. If you've completed ALL of the challenges all ready, then you can practice your jump roping skills. See link from last week.

3/25 - Wednesday

Go to YouTube and find the Dance Monkey -Tones and I video that we have practiced in P.E. class. Practice the dance with them 1 or 2 times. This would make a great 'brain break.'

3/27 - Friday

Go to the GoNoodle website. Search for the "Clap Stomp Jump" video that we have done in class. After this, search for the "Chicken Dance" video. If you still have energy, run around the block and see how long it takes you.

Parents, if you have questions, feel free to email me at [phenry@sttheresefw.org](mailto:phenry@sttheresefw.org)

