**PE Activities for week 1:**

Everyone: Fill out your March calendar for the rest of the month. You will turn them in at the end of the month for a grade, so don’t lose them. Aim for 60 minutes of exercise every day, then write down what you did for your 60 minutes. You may do many different activities to add up to 60 minutes. The GOAL is 60 minutes. If you don’t make 60, write down what you have. Tuesday through Friday of this week would equal 240 minutes. Activity is activity! Have fun in whatever you choose!

Grades K-6: On Wednesday and Friday, follow the directions on the *What is Your Name?* worksheet. But also use it to practice your spelling words or your sight words.

Grades K and PK: On Tuesday and Thursday, do the Animal Movements worksheet two times each day.

Grades 1-2: On Tuesday and Thursday, do the Simon Says worksheet. Feel free to add in your own ideas.

Grades 3-6: On Tuesday and Thursday, do the Coin Flip worksheet two times each day, for a total of four times. Jump squats are starting in a squat position with your arms out in front of you, (watch that your knees do not go past your toes) and then jump up as high as you can, while your arms swing to behind you.

I am including a balloon for each student in grades PK-6. It is an easy way to pack a lot of activity into a small space.

Grades 7-12: You will be completing the attached writing project. Read the article then follow the directions at the end. A handwritten paper is completely acceptable, if you do not have a computer. This is **due Friday**. Your calendar will be due at the end of the month. For a grade. Don’t lose it. Turn it in. ☺

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