

Tiffany Park K-5 P.E. Activities May 11th-15th

<u>K-5 Fun for the Whole Family!</u>					
	Monday	Tuesday	Wednesday	Thursday	Friday
Fast Break/ Warm-Up	<u>Jedi Workout</u>	<u>Obi-wan workout</u>	<u>Star Wars Workout</u>	<u>Kilo Ren Sith workout</u>	<u>Young Jedi Work out</u>
Physical Education Activity/Lesson	<u>Bottle Flip Chaos</u>	<u>Scooter Pillow Race</u>	<u>Flippy Cup Cardio Challenge</u>	<u>Tossing to Target Lesson for K-2</u>	<u>Bottle Flip Tic- Tac-Toe</u>
Control click, get fit and have fun!				<u>Bird in the Cage</u> <u>Striking Skill</u>	

Less reading and more doing. It's all about movement and fun this week. Just click on the links above and get to it Tigers. I did not know they had Star Wars work outs and you can flip bottles and get a workout also. Send me an email anthony.collins@rentonschools.us and tell me if it was fun or not. Miss you all. Parents: use the force and exercise with your children. It is good for everyone. Can you tell I love Star Wars? Sorry I missed May the 4th be with you, I am a week late. Quit reading and click on a workout. I would love to hear from you and how you are exercising. All exercise counts, so email and tell me what you are doing. Hope you have fun.

Tony Collins (Anthony)

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Physical Education

Tiffany Park Elementary