



Physical Education Update

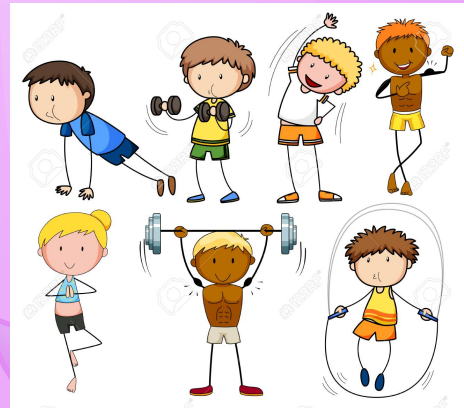


Ask your child this...

1. what exercises make our heart healthy?
2. what foods make our body healthy?
3. How many hours of sleep should we get each night?



Have your child show you how to do "Mountain Climbers"!



what we worked on this month...

Fitness
Throwing
Kicking



what is coming up next...

Striking
Juggling

Please let me know how your child did with these skills

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