

## **Good Day Kensington friends!**

Physical Education ideas for you while you are at home -

**Be safe.** First, ask your family where you can do activities safely in your home.

**Exercises** – Here are some exercises that you can do every day to keep your body healthy: Jumping Jills, Jumping Jacks, Airplanes, Splits, Snow Angels and Riding your Bicycles.

### **Games –**

***Sock Basketball*** – one or more players

You will need:

- One or two socks rolled up...or a small piece of clothing.
- A box or container for hoops.

### **Directions/Variations –**

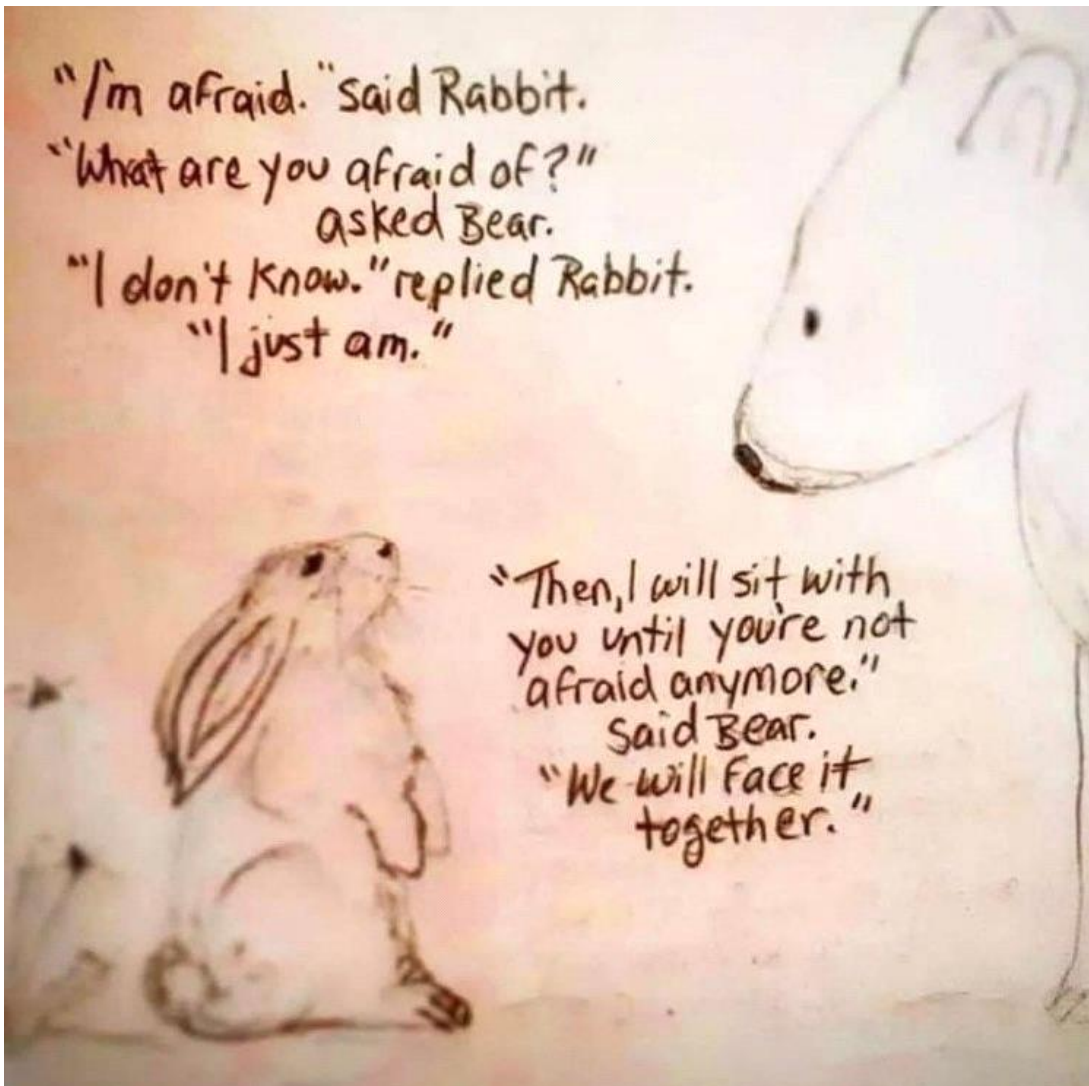
1. One child alone can practice throwing their ball into a laundry hamper, small cardboard box, or another household container from different distances and angles.
2. Two or more children (and parents) can play one-versus -one or two-versus-two in a competitive shootout challenge. Take turns shooting from different distances and different heights and angles.

## Health –

I know this is a difficult time for all of us. Below I have listed some ways to express your feelings:

- draw some emojis to describe how you feel
- write about your emotions and/or draw a picture
- make a poster
- share your feelings with others

\*\*Look how Bear is helping Rabbit feel safe.



Your teachers are thinking of you!

