



Hello Kensington Friends!

Below you will find some activities you can do at home. Make sure you ask an adult before you try any of these activities. Please remember to always be safe and try your best!

Mr. Rankin

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Video	<ul style="list-style-type: none"> <li>Watch the video using the link below. You may find it helpful to watch it a few times before you begin exercising.</li> </ul> <a href="https://youtu.be/Royer58Jueg">https://youtu.be/Royer58Jueg</a>
Family Time	<ul style="list-style-type: none"> <li>Watch the video using the link below. Your family may find it helpful to watch the video a few times before you begin playing the games.</li> </ul> <a href="https://youtu.be/Ns59xcfDpSY?fbclid=IwAR3GH3s_IM3sDEMPCxQfjHbRJXHKcpN6AXRvkn05FcAJWPpL1b1IUctg-No">https://youtu.be/Ns59xcfDpSY?fbclid=IwAR3GH3s_IM3sDEMPCxQfjHbRJXHKcpN6AXRvkn05FcAJWPpL1b1IUctg-No</a>
Create	<ul style="list-style-type: none"> <li>Pick a game that you have played and change the rules so it is special to you.</li> </ul>
Movement	<p><b>You be the PE teacher!</b></p> <ul style="list-style-type: none"> <li>Practice exercises you have learned in class. Have a family member try them with you, help them if needed.</li> </ul>
Design	<ul style="list-style-type: none"> <li>Create a poster that shows you and your family exercising or playing a game together.</li> </ul>
Reflect	<ul style="list-style-type: none"> <li>Did anyone do a poster about how they are feeling?</li> <li>Did anyone play Sock Basketball?</li> </ul>