

**3<sup>rd</sup>-5<sup>th</sup> Grade Physical Education WEEKS 3 (March 30<sup>th</sup> to April 3<sup>rd</sup>) : I encourage you to move for at least 30 minutes “every day”, but the following should be done 3 days out of the 5.**

### **Week 3, Day 1, 2 & 3.**

PE3.1.a/PE4.1.b/PE5.2.a

Locomotor locomotion:

Start with class warm up

Look back at what you did the last 2 weeks and pick your favorite lessons to do on days 1, 2 & 3

I received replies from students on my Flipgrid sharing what they did, I encourage you to visit my Flipgrid weekly and share what you are doing to stay fit and keep moving.

We would love to see how you and your family are finding creative ways outside of the lessons we give you to keep fit.

I would love to shout out the most creative activities on my next Flipgrid, come on let me see you!!!!

**Any questions or concerns you may contact the E.C. West P.E. department at 678 -786-9194 .**

**We will be available Monday -Friday from 9am to 12pm.**