

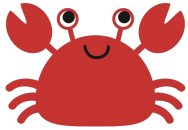
# COFFIN SCHOOL KINDERGARTEN HOME PE - 4/13/2020

This week we are going to practice all the locomotor skills we learned. Walking, running, hopping, jumping, galloping, and skipping are ones we do in the gym. These are some of the best ways to get our 1 hour of sweaty exercise! I hope you get to go for a family walk or run outside this week. Keep practicing your jumping and hopping from last week's Monster Board game. Remember that galloping is keeping one foot in the front and the back one stays back! Skipping is a step/hop, step/hop. I hope this week's game is a fun way to practice. Keep up those 5210 Healthy Choices. Visit my website at the Coffin School home page for fun activities, there are even videos of me! Mrs. Peck-Moad

## Locomotor "See if you can...."

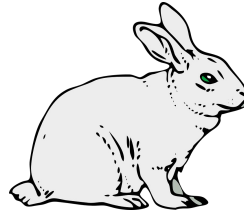
1. Look at the activities on the next page.
2. See if you can do all of the movements.
3. Cross them off as you do them!
4. Circle the ones you need to practice!
5. Challenge a family member, can they do all these movements?
6. With sidewalk chalk outside or a pencil and paper inside draw an obstacle course with movements of your choice.
7. Challenge yourself and friends to do the obstacle course!

# LOCOMOTOR "SEE IF YOU CAN....."



SPIN  
AROUND  
IN  
CIRCLES

JUMP  
LIKE A  
BUNNY

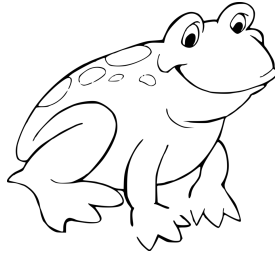


LEFT  
FOOT  
HOP

WALK  
ON YOUR  
KNEES

WALK  
LIKE A  
CRAB

TAKE THE 5  
BIGGEST  
STEPS YOU  
CAN



HOP LIKE  
A FROG

GALLOP LIKE  
A HORSE TO  
THE BACK  
DOOR

RIGHT  
FOOT  
HOP

SKIP TO  
THE FRONT  
DOOR AND  
BACK

PRETEND TO  
JUMP ROPE  
10 TIMES



PRETEND  
TO SIT IN  
A CHAIR  
10 TIMES



RUN IN  
PLACE FOR  
30  
SECONDS