

# COFFIN SCHOOL FIRST AND MULTI-AGE HOME PE - 4/27/2020

Welcome back from our spring vacation! I hope you had a chance to get outside and play! This week I have made a silly game for you to try. Smile, laugh, and see what funny movements you can make up. Think about all those locomotor movements from last week; run, hop, skip, gallop, leap, jump! You can do my Silly Workout inside or out and with any friend or family. See how many you can make up. I'm asking you to be creative with your movements this week, keeping in mind all the ways our body moves! Use your games from the earlier lessons as well to get that 1 hour of exercise every day! Visit my website at the Coffin School home page for more fun activities, there are even videos of me!

Mrs. Peck-Moad

## Mrs. Peck-Moad's Silly Workout

1. Find a dice or number 6 small pieces of paper 1-6.
2. Roll the dice or draw a number. This will be the animal you are.
3. Roll or draw again and this will be the speed you'll move.
4. Roll and draw a third time and this will be your pathway.
5. Combine all 3 and move in a silly way!
6. After the giggles, try again!
7. Challenge yourself and your family, how many silly animals can you be in one workout?!