

COFFIN SCHOOL KINDERGARTEN HOME PE - 4/27/2020

Hi Friends! Welcome back from Spring Vacation! I hope you were able to get outside and play! This week you are turning your selves into silly animals. I want you to be creative, moving that animal fast or slow in different pathways. Maybe you'll be a panda bear who is fast on a zigzag path! Or maybe a frog who is super slow going in a circle! This game is for your to move your body in lots of ways and try to get your family to joining in! How many silly combinations can you do? Visit my website at the Coffin School home page formore 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?!