

COFFIN SCHOOL FIRST AND MULTI-AGE HOME PE - 5/4/20

Hi Coffin Friends! This week we are going to work on balance! Static balance is when you are not moving. Dynamic is keeping your balance while moving. Our Astronaut Mission game will ask you to do both! There are a series of missions to get the astronaut back to his Space Shuttle. Complete each one to get him there. Take your time, keep your body in control. If you start to lose your balance, touch the ground for a second and try again. Also, keep playing the games from our earlier lessons, remember practice is what makes us improve our skills! Visit my website for videos and more activities, get outside, be safe, and make 5210 healthy choices! Mrs. Peck-Moad

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Mission - Save the Astronaut

1. Start at the first mission, you can see our poor lost Astronaut.
2. Complete this by getting yourself ready to go out in space.
3. Follow the arrows to each additional mission completing them in order.
4. As you complete each one the Astronaut moves with you!
5. You'll get a chance to invent your own mission along the way. Be creative!
6. When you have done all the missions your Astronaut will be at his Space Shuttle. Success!
7. For fun, draw your own Astronaut and bring him along with you!