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COFFIN SCHOOL KINDERGARTEN HOME PE - 5/4/20

Hi Coffin Friends! This week we are going to practice balance. We did that a lot in class when we did yoga! Can you stand on one foot? Do the tree pose? How about the airplane pose? This is all using balance. Sometimes we balance when our bodies are still, sometimes when it is moving. This week's game is to complete all the balance missions to get the Astronaut back to his Space Shuttle. He really needs help, and balance isn't that easy in outer space! You can even make up your own balance mission! Keep playing the games from our earlier lessons, practice helps our skills! Visit my website for additional activities and videos, get outside, and keep up your 5210 healthy choices! Mrs. Peck-Moad

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!

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