**May 18- May 22**

**Monday:**

PE At Home Videos

Go to YouTube; Look up PE at Home

Pick 3-5 videos and complete them

**Tuesday:**

Jump the River (need 2 ropes or long strings)

Place ropes parallel to each other on the floor with 1’ between them (river)

Jump over the ropes (don’t land in the middle)

Then, move ropes 2’ apart and jump

Keep moving them farther apart and jumping over them

Start over if you touch the ropes or land in the middle

**Wednesday:**

Pinball (need at least 2 players and a pair of socks)

1 player is the thrower, the other is a zoo animal

Stand 10-20’ apart

Player pretends to be a zoo animal and walks/runs back and forth in front of the thrower

Thrower tries to hit animal with the socks

Animal tries to dodge the socks

If you get hit in the leg, you must hop on one leg; in the arm, put your arm behind your back, etc.

Head, back, or stomach – swap with the thrower

**Thursday:**

Water Fun

Hook up a sprinkler: Play volleyball or throw ball over it Do cartwheels over it

Jump over it Run around it

Have a water balloon fight

Turn the hose on: Spray everyone around Wash your dog

Wash your parents’ car Wash all your toys

Play in the mud!! Have Fun!!

**Friday:**

Play all day long!!!!

Enjoy your summer!!!