

Welcome to PE!

During this year we will focus our PE sessions on the value of physical activity for health, enjoyment and self-expression. PE is going to look a lot different this year but there are some things that will remain the same.

My two favorite exercises are planks and burpees. They are a great way to incorporate many muscle groups, challenge your balance, coordination and physical fitness level. I use burpees to celebrate birthdays. As a class, we will do the number of burpees as the age the student is turning. Each class will begin with a one minute plank to strengthen our core which is the foundation for creating a strong physically fit body. If you find the one minute plank to be too easy, then challenge yourself to hold it for as long as you can using good form.

We will recreate some of the fun games we played as a class last year and include a good dose of fun-spirited competition. I'm looking forward to getting our bodies moving! If you have any ideas for games or challenges, I am always open to your suggestions and will do my best to include them.

Fitfully yours,

Mrs. Broadwell