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| **Physical Education: Balance, Stunts, and Tumbling Unit** | | |
| Objective | Activities | Resources |
| Demonstrate balance in various positions | **Optional Warm Up Video:** Just Dance Kids - Footloose  <https://www.youtube.com/watch?v=UIdWodUzmkg>  **Activity Guidelines**:   1. Log onto Seesaw and find the PE assignment entitled Body Positions and Static Balances. 2. Open the document attached with the scanned balance position cards. 3. Your student should practice holding each balance position for 10 seconds (at least). 4. Post a photo on Seesaw of your child completing their favorite position.   \**Additional challenge if desired*: Have a competition with your family to find who can hold each position the longest without falling. | Device with camera and connection to internet |