|  |  |  |
| --- | --- | --- |
| **Physical Education: Week of April 6 – 8** | | |
| Objective | Activities | Resources |
| Demonstrate balance and coordination | This week’s lesson is an optional game for you to do with your family.  **However, if you did not submit the two items from last week, you need to turn them in a.s.a.p. on either Seesaw or via email to Coach Kring (**[**rkring@fbcs.edu.ky**](mailto:rkring@fbcs.edu.ky) **)**  1. Post your completed March Activity Log Calendar.  2. Post the video recording of your routine.*(see assignment in Seesaw for details)*  **Activity:** Bite the Bag  This is a “Minute to Win It” game. Your goal will be to pick up a paper bag (or cardboard box) with your mouth. You can only let your feet touch the floor – no hands, knees, etc.  Details: <https://www.youtube.com/watch?v=j8pJD_UCBX8>  CHANGE FROM VIDEO - I suggest instead of having multiple bags, simply have one bag/box and cut off the level that you were able to bite, and then try again. You will slowly go lower and lower down the bag/box.  Feel free to post a photo or video on Seesaw with the lowest level you reached (Please include the measurement, such as “My lowest level was 7 inches!”) Then I will announce who reached the lowest level in the class on April 17. Have fun competing!  \*If you want a challenge, try doing the competition it on one foot! | Paper bag or cardboard box (i.e. cereal box) \*both should be able to be destroyed |