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| **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** **)** 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 BagThis 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 |