

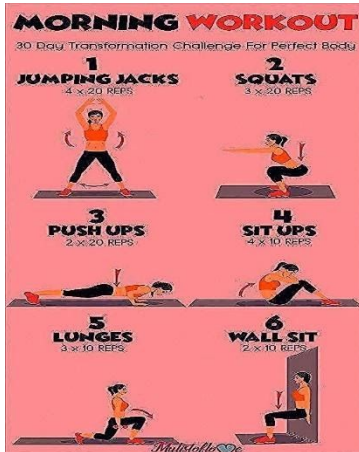
ST LEOS SCHOOL Health

Hello St. Leo's School students it's your one and only PE teacher here Mr. T bringing your weekly physical activity and assignments. I miss you guys so much and hope that had a great Easter vacation!

1st – 3rd Grade

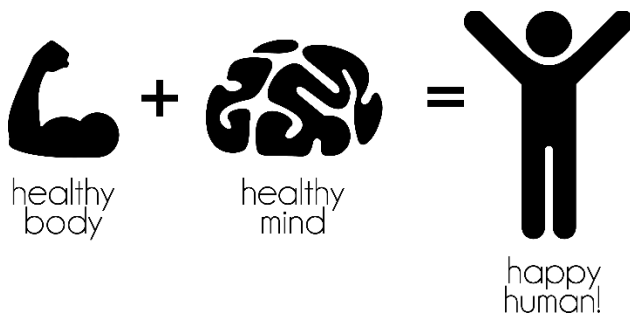
Complete the exercises below.

<https://www.youtube.com/watch?v=5if4cjO5nxo>



Complete the exercises below. Respond to the question below.

ataboadela@steleosschool.org.



<https://www.youtube.com/watch?v=sqZFz44AB78>

- What heroes exercise was your favorite?
- Why is it important to exercise?

4th - 8th Grade

Complete the flexibility exercises below and answer the questions. All answers should be emailed to me ataboadela@steleosschool.org.

https://www.youtube.com/watch?v=L_xrDATykMI

- A) What stretches did you like in the video?
- B) What stretches did you not like?
- C) How did you feel after you stretched?
- D) Why is stretching important?

Complete the full body workout exercises below and answer the questions. All answers should be emailed to me ataboadela@steleosschool.org.

<https://www.youtube.com/watch?v=UitWltVZZmE>

- A) What exercises did you like the most?
- B) What muscles do you feel got the best workout?
- C) Besides making you stronger what else does exercise do?

