

# ST LEOS SCHOOL PE

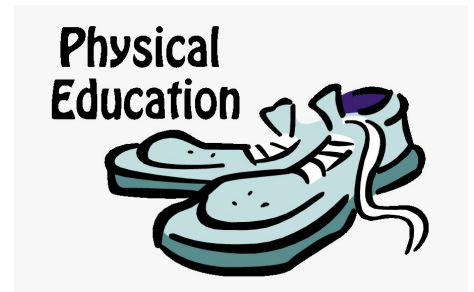
Hello St. Leo's School students! It is your one and only PE teacher here Mr. T bringing your weekly physical activity and assignments. I hope you all are staying active and healthy!!!



## Grade: K – 2<sup>nd</sup>

Follow along to the videos and have fun!!! Remember that dancing and running around is a good way to keep healthy. No questions this week.

- 1) [https://www.youtube.com/watch?v=j24\\_xH5uvdA](https://www.youtube.com/watch?v=j24_xH5uvdA)
- 2) <https://www.youtube.com/watch?v=2UcZWXvgMZE>



## Grade: 3<sup>rd</sup> - 5<sup>th</sup>

Complete the workouts! No questions this week!!! (video 2 uses weights but if you do not have access to them you can complete them without weights)

- 1) [https://www.youtube.com/watch?v=hKRR7\\_igyLo](https://www.youtube.com/watch?v=hKRR7_igyLo)
- 2) <https://www.youtube.com/watch?v=iXlIdfNnd74>



## Grade: 6<sup>th</sup> - 8<sup>th</sup>

Complete the following workout! And answer the question for #2. Email [ataboadela@stleosschool.org](mailto:ataboadela@stleosschool.org)

- 1) <https://www.youtube.com/watch?v=pImrFWw0Ffw>
- 2) Write at least 4 sentences about a physical activity you partook in this week.

