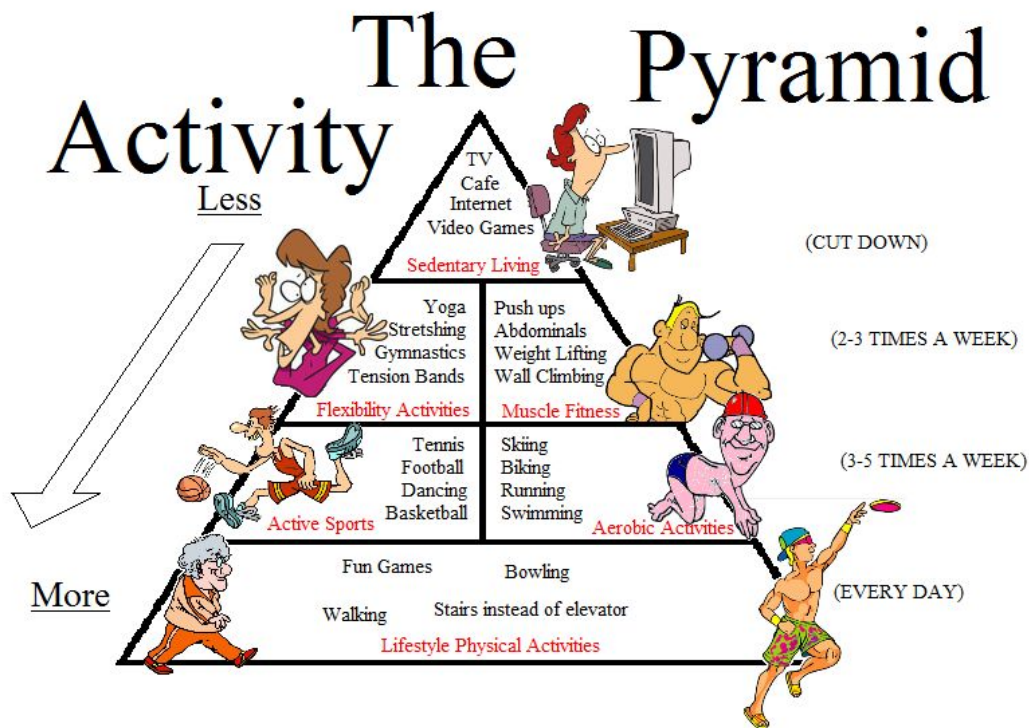


Physical Education - a program remains a vital part of the total process of “education through the physical” by using games, sports, aquatics, dance, and other vigorous activities to help the individual achieve physical well being.

Stretching - is a form of physical exercise in which a specific muscle or tendon is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion.

Water (H₂O) - Along with physical activity it is important to drink at least 8 glasses of water daily.



Use this activity pyramid to help you in your daily physical activities for at least 30 minutes. While staying at home and in your bed or on the couch, it is still important to keep your body moving.

Some Daily Activities to help you:

- Sharks and Minnows (*mark spots as the safe zone*)
- Survival Tag (*use scarves or hand towels*)
- Zumba for kids (*Youtube*)
- Dance (*Airplane song by Laurie Berkner, Cha Cha Slide, Cupid Shuffle all on Youtube*)
- GoNoodle Exercise for kids visit their website www.gonoodle.com or also on youtube.