

Week 7 of PE with Jose :)

November 6th - National Jersey Friday

<https://nationaldaycalendar.com/national-jersey-friday-first-friday-in-november/>

Calling any and all sports fans! Please wear a jersey of any team you sport on National Jersey Friday. I am aware this is also Pajama Day for The Family School so I recommend a jersey and some pajama bottoms :)

November 7th- National Play Outside Day

<https://nationaldaycalendar.com/national-play-outside-day-first-saturday-of-every-month/>

How many times have your parents told you to go outside and run around? Well, go do it! Now before you even think about it, make sure you take the appropriate safety precautions;

- 1) Social Distance
- 2) Wear your mask
- 3) Drink lots of water
- 4) Put on sunscreen if you are outside for a long period of time. (More than 20-25 Minutes)

November 8th - National Parents as Teachers Day

<https://nationaldaycalendar.com/national-parents-as-teachers-day-november-8/>

We should change it to National Parents as Teachers Year for all the extra hard work, patience, and love it takes to help make Remote Learning happen at home. Your parents are just as important to helping you learn and grow as any of us Teachers are. We need to give them the credit they deserve!

Election Week Activity: Hello and congratulations. You have been elected the President of Physical Education. You are going to have to decide on which exercise is performed.

“Hey Mr./Mrs. President whatcha gonna choose?
You must decide between option 1 and option 2!”

ROUND ONE -

Option 1: 10 Leap Frog jumps. 🐸

Option 2: Pose like a Flamingo for 30 seconds ☐

“Hey Mr./Mrs. President whatcha gonna choose?
You must decide between option 1 and option 2!”

ROUND TWO -

Option 1: Pretend to Jumprope for 20 seconds

Option 2: Pretend to Hopscotch for 12 steps

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“Hey Mr./Mrs. President whatcha gonna choose?
You must decide between option 1 and option 2!”

ROUND THREE -

Option 1: Jog in place for 15 seconds

Option 2: Do 5 Jumping Jacks

And you're done! Make sure to hydrate :) see you next week.