

Blizzard Bag Day 2 - Physical Education Kindergarten

Parents / Guardians - Thank you for helping your child to read the directions and complete the physical education activity in this blizzard bag assignment.

Feel a muscle in your leg.

Feel a muscle in your arm.

Now you are going to do the following activities inside or outside depending on the weather. Do each activity counting to ten very slowly.

Bear Crawl



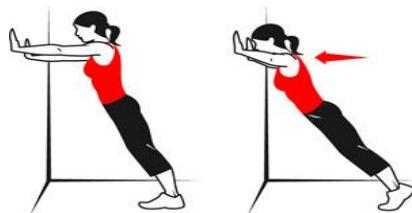
Circle how your muscles feel. **Hot---Warm---Cold**

Crab Walk



Circle how your muscles feel. **Hot---Warm----Cold**

Wall Push-ups



Circle how your muscles feel. **Hot---Warm---Cold**

How do you feel? Happy, tired, unhappy? Fill in the circle with a drawing of a face showing an expression of how you feel .

