

Hello Families,

I hope that you were able to find something fun and useful on the PE activity slide last week to keep you active and engaged at home!

This week there are some fun options: learning to cartwheel, exploring nutrition through an applicable family lesson, creating your own Tabata workout, and trying out another Bicycle Scavenger Hunt challenge. And, as always, you can look back through previous weeks' PE slides to try out any activities that you may have missed.

If you have time, fill out the PE EXIT SLIP posted on the bottom right corner of the PE slide, and always feel free to give input or add suggestions for ways I can better help support learning at home!

Thank you for your emails, pictures, and videos sent of your kids being active and LEARNING new skills at home! It's so exciting for me to see these kids achieving success.

[PE Activity Slide May 26-29](#)

[Mrs. Swedberg's PE Website](#)

I miss you!

Mrs. Mindy Swedberg