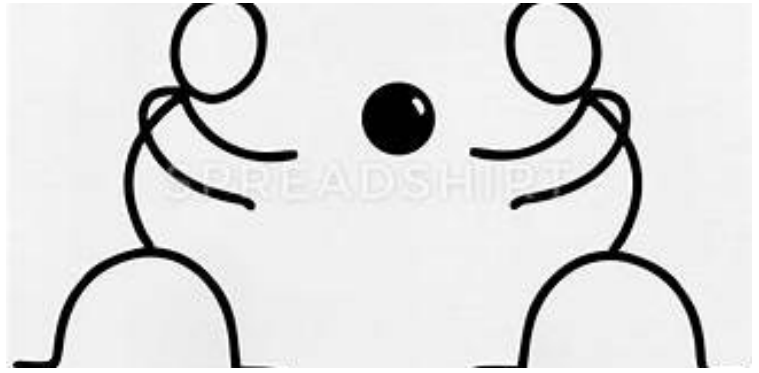




### FUN WITH BALLS!

- \*play catch
- \*kick a ball
- \*make a target and have your child throw at the target
- \*toss objects into a bucket or laundry basket using an underhand throwing motion

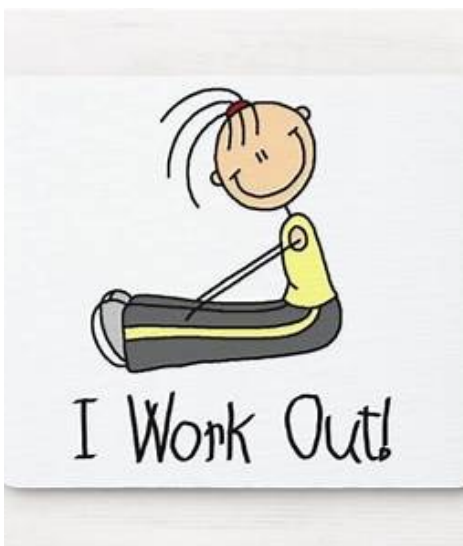


### STRETCHING EXERCISES

- \*BIG ARM CIRCLE FORWARD AND BACKWARD-
- \*STRETCH TO ONE SIDE, THEN THE OTHER
- \*STRETCH TO YOUR TOES-
- \*BACK ARCHES
- \*TAKE A DEEP BREATH IN AND BREATHE OUT



# ADAPTED PHYSICAL EDUCATION ENRICHMENT SUGGESTIONS



Work out to an exercise video. There are so many fun options online! Try one as a family☺

### SUGGESTIONS:

- \*family.gonoodle.com
- \*Cosmic kids yoga
- \* Kids workout 1 Beginners youtube (more advanced)