

Day of the Week	PE	Music
Monday	Invent a game and try to out	Sing a song to a grown up. Add silly actions and see if you can make them laugh.
Tuesday	Do as many curl-ups as you can.	Go outside and stand still, just listening. See how many different sounds you can hear. Are there any steady beats?
Wednesday	Spring into action: find 2 people. Do 60 jumping jacks together!	Sing a song from your favorite Disney song or musical. Did you know all the words?
Thursday	Spring into action: find someone to do 20 jumping jacks with you.	Ask all your family members to sing “Row Row Row your boat” for you. Who has the highest voice? The lowest? Who sang it the best in your opinion?
Friday	Pick 5 different muscles to stretch. Hold each stretch. Hold each stretch for 20 seconds.	Have a dance party by yourself or with a family member. Turn on your favorite music and dance to your hearts content! You’ll feel amazing!
Saturday	Family Fun: Play your favorite PE activity.	Sing your favorite song to a stuffed animal. Be as dramatic as you want!
Sunday	Do as many trunk-lifts as you can.	When watching a tv show today, keep track of how many times you hear music. If you didn’t hear any, do you think music would have added something to the show?

Elementary Physical Education

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Elementary Music

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