

GSMS Weekly P.E. Activity Ideas ~ May 25 - May 29



Mindful Monday

Yoga

[POWER FLOW](#)

Flexibility

[STRETCH!!](#)

Meditation

[PRODUCTIVE DAY](#)

Pdf:

[Static Stretching](#)

Tabata Tuesday

[BEGIN WORKOUT](#)

Pdf:

[Super Saiyan](#)

Workout Wednesday

[LOW IMPACT](#)

Pdf:

[Indoor Circuits](#)

[Include these in Circuit!](#)

Twisting Thursday

[HIP HOP](#)



Fun Friday

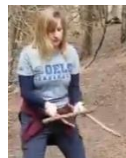


[Ms. Gorman's 10's Game](#)

Find the PDF version of this game and Game of 7's in Teacher Pages!

Hi George Streeters! 😊

Have you ever tried [Stick Juggling](#)?? All you need are three sticks!



Click on the photos for video instructions!

Please remember that you can choose our examples or do your own activity every day!

Did you know?

Snails take the longest naps? They can sleep for up to 3 years.



While you sleep you can't smell anything, even really, really bad or potent smells.

Hippopotamus milk is pink.



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