

# **WELCOME TO PHYSICAL EDUCATION**

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**Coach Ferrer**

My name is Coach Ferrer. I want to welcome each of you back to school for the 2022-23 school year. I am looking forward seeing all of you as we return to the building. I am in my third year at Pierre Laclede and I am looking forward to adding even more new equipment and activities that can be done at home. Until we meet Face to Face **Where Our Learning Adventure Continues !**







# Class Goals for 2022-23

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- To move for at least 60 minutes every day.
- To enjoy PE activities and games.
- To be willing to try each activity and do it the best that I can.
- To Remain Safe and Practice Proper Hygiene activities at all time.
- Face mask are an option.
- Student should wear tennis shoes while in class daily.



# We will have fun like Past Years



Pic 6 Heart Event First Place Winners Grade 5.msg

# Daily Activity Warm Up

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- 7 to 10 minute Warm Up Walk
- Daily Exercise( Depending on Grade Level)
- 10 to 25 Jumping Jacks
- 10 to 25 Toe, Stomach , Skies
- 10 to 25 Alternating Toes touches
- Let's Move to Music 3 to 5 minutes ( Pick your Favorite song to dance or Tic Tock)





# Daily Class Activities

- Each Class will be 30 to 50 minutes
- Class Warm Up and Exercise( 10 - 15 minutes)
- Class Activity Games , Skill demonstration and Free Play time ( 25 minutes)
- Cool Down ( 5 minutes)



# Contact Information

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- Parents see contact Information below:
- E mail: [Michael.Ferrer@slps.org](mailto:Michael.Ferrer@slps.org)
- Phone: 314-385-0556
- Plan time: 9:15am-11:00am

