

**WELCOME TO PHYSICAL
EDUCATION**

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

- **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

- 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

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

