**Learn from Home**

**October 12, 2021**

**Ms. Williams Physical Education K – 4th**

**Warm-up K & 1st**

Choose one of the **Comic Kids Yoga** Halloween episodes from YouTube

**2nd – 4th**

Choose a Marvel Kids Workout of your choice from YouTube

**Activity for All**

Play several rounds of Rock, Paper, Scissors with someone in your house.

If you…

Win- do a dance

Tie – partner squats

Lose – jumping jacks