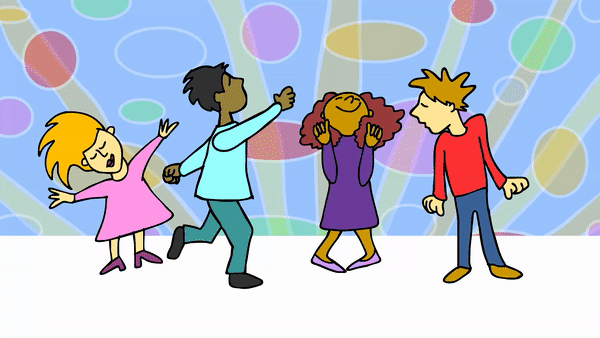
**PE LESSON #9**

**Hi Kids,**

**Hope you are doing well and that you are moving and trying to stay active! Today we will be dancing!!!**



**First try to warm-up before we start. Please do the following:**

* + **Reach to sky and touch toes**
  + **Arm circles**
  + **Jumping jacks (1st and 2nd grade)**
  + **Out and ins (Kindergarten)**

**\*\*We will now need to use our tablet or computer to get to the dance website:**

* **Please type in You Tube**
* **Please type in Happy (Elementary PE Dance Warmup)**
* **Click on it and have fun!!! It is one of our favorite songs from gym class!!! I posted it below if you are having a hard time finding it! Just right click on link and click on open link! This video is for all grade levels.**

[**https://youtu.be/\_swUGtEpazY**](https://youtu.be/_swUGtEpazY)

**\*\*\*\*Kindergarten if you find it too difficult to complete the pushups, you can place your knees down to make it easier!**

**TO FINISH OUT THE LESSON, PUT YOUR FAVORITE DANCE MUSIC ON AND HAVE A DANCE PARTY!!!!**

**Please send a confirmation email that you completed the lesson:**

**Mrs. Miller:** [**MillerA@dvsd.org**](mailto:MillerA@dvsd.org)

**Mr. Feiss:** [**FeissJ@dvsd.org**](mailto:FeissJ@dvsd.org)

**Take Care, we miss you- Mrs. Miller & Mr. Feiss 😊**