

# PEP NEWSLETTER

June

2011

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## PEP UPDATE

During PEP your student was learning the locomotor and nonlocomotor movements with rhythmic activities. They also learned some basic gymnastic skills, such as tumbling and balance. I hope you can encourage them to continue practicing what they have learned. Have your child tell you their favorite song, and tell them to use locomotor movements to the beat.

## AWESOME June ACTIVITIES CALENDAR

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 practice different balance skills for 10 sec.	2 go on a family bike ride	3 jump rope to the beat of a song	4
5	6 play a game with a ball	7 dance to your favorite song	8 run laps in your back yard	9 practice your tumbling skills	10 go for a walk as a family	11
12	13 play a game of soccer	14 practice a line dance we learned	15 do push-ups and sit-ups	16 practice different animal movements	17 go rollerskating with a friend	18
19	20 play a game of tag	21 march to the beat of a song	22 go for a jog	23 make up your own line dance	24 go swimming	25
26	27 go for a nature hike	28 do locomotor movements to a song	29 play your favorite sport	30 beat a drum to the rhythm of a song		

## RESOURCES FOR YOU

**Kidsactivities.net** Here you will find 1000s of activities you and your family can do.

**Wilderdom.com** This website will give you and your child several games to help keep them physically active.

## UNTIL NEXT TIME!

Please encourage your child to do these activities. These activities will help your child develop locomotor and nonlocomotor skills. They will also help develop rhythm. If you have any questions or concerns, contact Professor Stout. I hope you and your child have a great summer. Hope to see you in the fall!

Sincerely,  
Mr. Minnich