



PE



Even though many of you are stuck at home, remember how IMPORTANT it is to stay active! MOVEMENT is the key to learning. The part of the brain that processes movement is the SAME part of the brain that processes learning. Please use the resources in my [Google Drive folder](#) to insert active activities throughout your days at home. In particular I encourage you to participate in the [ACS National Park Challenge](#). You will find the slide show in the folder with details on what to do. Follow the slides weekly to see where we have traveled. I will be adding slides with links about the parks as we go along. Maybe you will see some pictures of me and my family at some of the National Parks we have visited. Feel free to send me pictures of you at any National Parks. Let's have fun by being active!

[Google Drive folder](#)
[ACS National Park Challenge](#)