

Weekly PE Newsletter

Game of the Week: Zoo Tag

Use these instructions to create a neighborhood or family game. Make sure to get everyone involved in the game! Parents that means you!

Game Set Up

Players are divided into six teams and each team will receive an animal name.

Make two landmarks in your planning area. One to start and one to finish.

One player should be selected to be the zoo keeper and will be the tagger

Game Play

The Zookeeper calls out animals one at a time, when a group is called they try to run across the area to the other side without being tagged.

If a player gets tagged they sit down, they can rejoin the game during the next round if someone on their team tags them while they are running.

After all the groups have been called then the zookeeper chooses a new person and they switch.

For more PE ideas, visit my website <https://www.abss.k12.nc.us/Domain/3328>

Be sure to take pictures and post them on instagram or class dojo!
@south_mebane_PE

Healthy Recipe of the Week: Spiced Oven Fried Potatoes

Directions: Preheat a rimmed baking sheet in a 450 degrees F oven. Cut 3 large russet potatoes into wedges and toss with salt and 2 tablespoons vegetable oil; arrange cut-side down on the hot baking sheet. Roast until golden brown on the bottom, 30 minutes, then flip and sprinkle with 1 sliced garlic clove and 1 teaspoon each chili powder and dried oregano. Roast 15 more minutes. Serve with lemon wedge

Cardio of the Week: For a closer look at the run of the week visit my instagram page @south_mebane_pe

