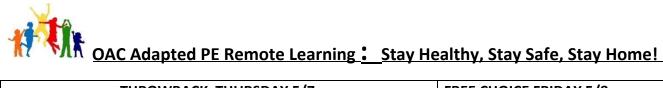




OAC Adapted P.E. Remote Learning Stay Healthy, Stay Safe, Stay Home!

MUSCLES MONDAY 5/4	TOM AND TOM -TNT TUESDAY 5/5	WACKY WEDNESDAY 5/6
For muscles Monday this week, we are going to do some muscle strengthening exercises. Below are 2 videos with Mr. Tom D. showing us some strengthening exercises for our muscles: Muscle strengthening video #1:	Here are a couple books that Mr. Tom G. recorded for some kind of entertainment to get us started. There will be exercises of the week and so on as we go forward. There are three videos, one of Going on a Bear Hunt, which might be geared towards our younger crowd, then the Wonky Donkey, and the Dinky Donkey.	This week for Wacky Wednesday Mr. Tom D. has a funny story to read called: "10-Step Guide to Living with your Monster". (by: Laura Numeroff.) Hope you enjoy it. Then the Wacky Wednesday activity is Sock Golf. Check it out and have fun.
https://drive.google.com/open?id=1dc82 mp1ugg4K3KVcDoa9Q-uILqtakE-D	https://drive.google.com/file/d/1-sFsYR2Dse 3fBjQAaRJTKRdZwQwk3HaV/view?usp=shari ng	10 - "Living with your Monster" book reading video:
Muscle strengthening video #2 <u>https://drive.google.com/open?id=1jQqr</u>	https://drive.google.com/file/d/1DAnlUolrixt H1MXMqOEW1lgFKI8yI1d_/view?usp=sharin g	https://drive.google.com/open?id=1hIZ 9d-j6nBDAZbb1qJdIz6Baf3vGtZF7
_qF94BejLWkj_ibc3t0cOSMOyKil	https://drive.google.com/file/d/1YgEo1CobN WWwZ99a7kf9q-dBu1LmV3B8/view?usp=sha ring	Sock golf- https://drive.google.com/open?id=169 <u>3NICP3GALSM-z843HHySOqoxfdUd07</u>





THROWBACK THURSDAY 5/7	FREE CHOICE FRIDAY 5/8
Throwback Thursday is brought to you by Tom G. and Hazel G. They are reading two stories for you and throwing back Thursday to Earth day. The two books selected are, "The Pout Pout Fish," and "The Pout Pout Fish Cleans Up The Ocean." We hope you enjoy!!! <u>https://drive.google.com/file/d/1wgCvnUltdv0t6Dj5uKZggTcbGJ- qVwWL/view?usp=sharing</u> <u>https://drive.google.com/file/d/1Zta6pjdA3NUKo04JUu56f92mu</u>	YOU CHOOSE YOUR PHYSICAL ACTIVITY What will you do? The opportunities are endless Walk in your Pacer, walk your dog, dance to your favorite music tunes, shoot hoops, jump on the trampoline, play a game with your family! Just get up and get active today! **** Please send us some pics of you doing an
uacJTE6/view?usp=sharing	activity!!!! ****
	Snap a photo of you being active and email it to your PE teacher! We want to see you in action!
	Tom Dryer- tdryer@oaisd.org
	Tom Grant- <u>tgrant@oaisd.org</u>