



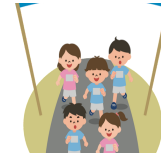
OAC Adapted P.E. Remote Learning : Stay Healthy, Stay Safe, Stay Home!



MUSCLES MONDAY 5/11	TOM AND TOM -TNT TUESDAY 5/12	WACKY WEDNESDAY 5/13
<p>For muscles Monday this week, we are going to do some muscle strengthening exercises for swimming. We haven't been able to swim in our nice warm pool at OAC so here are some simple swimming exercises to try.</p> <p>Swimming exercises video-</p> <p>https://youtu.be/ZD-HHkk2YBo</p>	<p>For TnT Tuesday this week we are doing an indoor Basketball Challenge. Mr. Tom D. is challenging Mr. Tom G. to a basketball shooting contest. The video will show you how to set up your own indoor basketball hoop to join the challenge.</p> <p>Mr. Tom D. Challenge to Mr. Tom G. -</p> <p>https://youtu.be/Z4N6txvSp0M</p>	<p>This week for Wacky Wednesday Mr. Tom D. has a funny story to read called: "Hello Toes! Hello Feet!"; by Ann Whitford Paul. This book includes some activities to do with your feet. I hope you enjoy it!</p> <p>Book Reading- Hello Toes! Hello Feet!</p> <p>https://youtu.be/22KhsYBHpOE</p>



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THROWBACK THURSDAY 5/14

Throwback Thursday is brought to you by Tom G. and Hazel G. They are going to show you how to play catch with different objects and balls in your home. The top link is to our youtube channel and the bottom link is to the video. Make sure you subscribe and make comments about the videos!

https://www.youtube.com/channel/UCox112KCXO13hVNCWf_zAqA?view_as=subscriber

<https://www.youtube.com/watch?v=cyxXcNjyOOA>

FREE CHOICE FRIDAY 5/15

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 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- tgrant@oaisd.org