

BE ACTIVE AND HAVE FUN!!!

I AM AVAILABLE ANY DAY BY EMAIL: dcarr@husd.k12.ca.us

BY PHONE ON TUESDAYS 1:00-2:00pm AND THURSDAYS 9:00-10:00am

@ 650) 489-1498

This is the link to the weekly PE activities:

<https://openphysed.org/wp-content/uploads/2020/03/AX-Xk2-ActiveHome-Week6-Packet-V2.pdf>

This is the link to the May Drop Every Thing And Move:

<https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf>

This is the link to yoga and being active:

<https://youtu.be/23VdtT0vQUY> yoga and move

This is the link to Cosmic Kids Super Yoga Underwater:

<https://youtu.be/0hvwLdk5D5g>

¡SEA ACTIVO Y DIVIERTETE!

DISPONIBLE CUALQUIER DÍA POR CORREO ELECTRÓNICO:

ESTOYdcarr@husd.k12.ca.us

POR TELÉFONO LOS MARTES 1: 00-2: 00pm Y JUEVES 9: 00-10: 00am

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Este es el enlace al semanario Actividades de educación física:

<https://openphysed.org/wp-content/uploads/2020/03/AX-Xk2-ActiveHome-Week6-Packet-V2.pdf>

Este es el enlace a May Drop Every Thing And Move:

<https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf>

Este es el enlace al yoga y estar activo:

<https://youtu.be/23VdtT0vQUY> yoga and move

Esto es el enlace a Cosmic Kids Super Yoga Underwater:

<https://youtu.be/0hvwLdk5D5g>