

February Spotlight is.....

My Amazing Body

This month we are learning that Our Body is Amazing! We take a look INSIDE our body and learn what happens inside everyday and WHY it's so Amazing!

Week 1: Me and My Amazing Body! We take a look at our inside our body learning that what it needs everyday to stay healthy and strong.

Week 2: Our Happy Hearts! It's almost Valentine's Day. We have to help each other to have healthy hearts and show love and Kindness.

Week 3: Bones, Bones, Bones! We learn that our bones have a very important job in our body. We take a fun adventure finding healthy foods that keep our bones and teeth strong.

Week 4: Our Lungs! Our body can't live without oxygen. We suit up as superhero's to help find out who's making the air we breathe unhealthy! It's our stars to the rescue!

Celebrate Your Amazing Body!



Here's What We Worked On:

Strength Training:

- * Pushups, * Hopping *Squats
- *Lunges *Resistance Bands

Balance & Coordination:

- *Balance Domes * Leaping
- *Throwing & Catching *Fine motor
- *One foot hop & Balance

Aerobic:

- * Jumping Jacks * Running
- *Skipping *Gallop

**Stretch
Pose-
Bird**

**Exercise of the month:
Calf Raises
Muscle of the Month:
Calf**

