

# "Ask Me"

Dear Mom and Dad,

During physical education class we are learning the Grapevine Step and doing exercises that involve crossing the midline. This "unsticks" the brain and energizes learning. Ask me to show you how well I can do the following movements.

1. Grapevine step. (Step sideways with the right foot, step behind the right foot with the left, and step sideways again with the right foot, stomp the left foot and clap at the same time). Repeat the sequence to the left.



Comments:

2. Stand with arms at sides. Touch right hand to left knee. Stand with arms at sides and touch left hand to right knee.



Comments:

3. Elbow Tap: Stand with fingers locked together and held behind the head. Bend and touch right elbow to left knee as you raise your leg. Stand and then touch left elbow to right knee.



Comments:

If I can show you that I can do these skills please put a check in the heart beside them, sign and write any comments that you may have and I will return it to my physical education teacher Mrs. Argano.

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Parent's Name

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Child's Name

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Teacher