**Physical Education Lesson for the Week**

* **Introduce the Muscle of the Month for April using the Slides attached – Show the pictures, explain what it’s used for and Try to perform a few push-ups to work those muscles.**
* **Each Day During April perform the activities on that specific day using your April activity calendar attached.**
* **Click the link below for a short workout video**

<https://fit.sanfordhealth.org/resources/fit-workout-yoga-flow-video?utm_source=hs_email&utm_medium=email&utm_content=85304753&_hsenc=p2ANqtz-8kMZ4P53MtEjfv1WRgB8Uhq1SUZdXnXmsBWvh7hbaslREtIwMct9k8GEhBfFeuGdJKaREDPh_GtvRmQlRnL5LfFS4kPg&_hsmi=85304753>

**Be Safe, Be Healthy, Stay Active!**

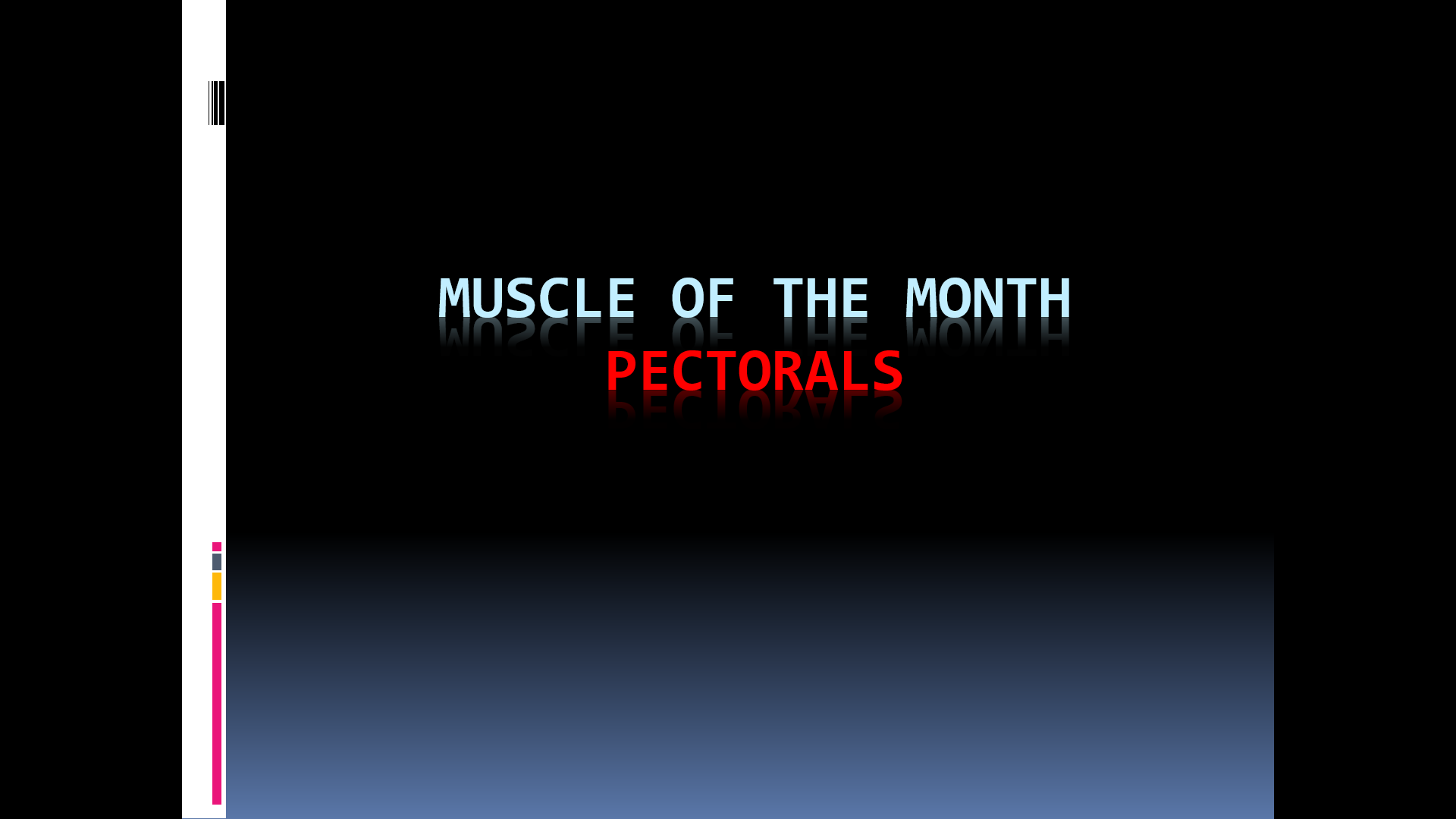
**Shaler Area School District**

**Primary PE Department**

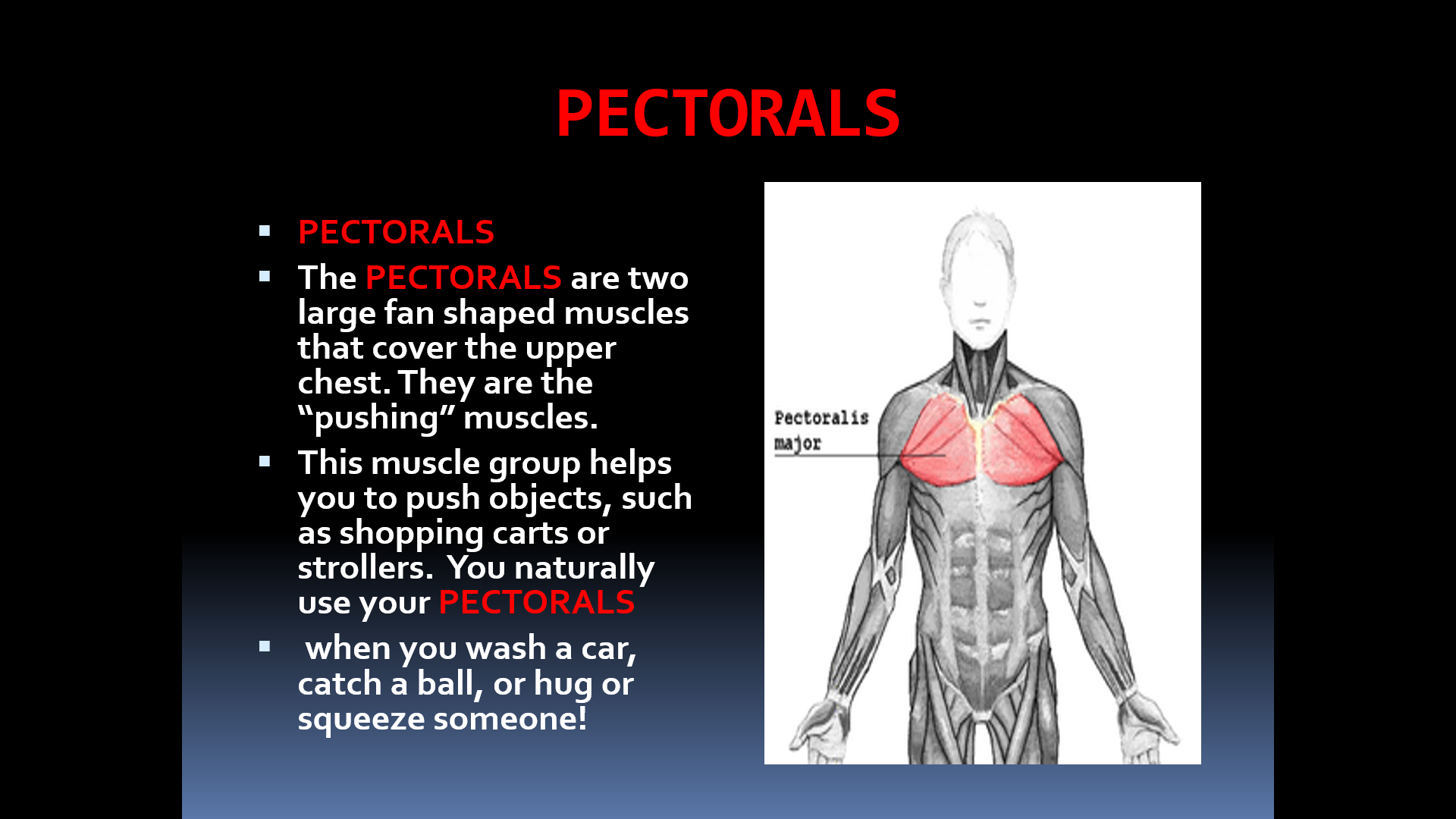
**Yours in Fitness and Health,**

**Mr. Chmielewski**

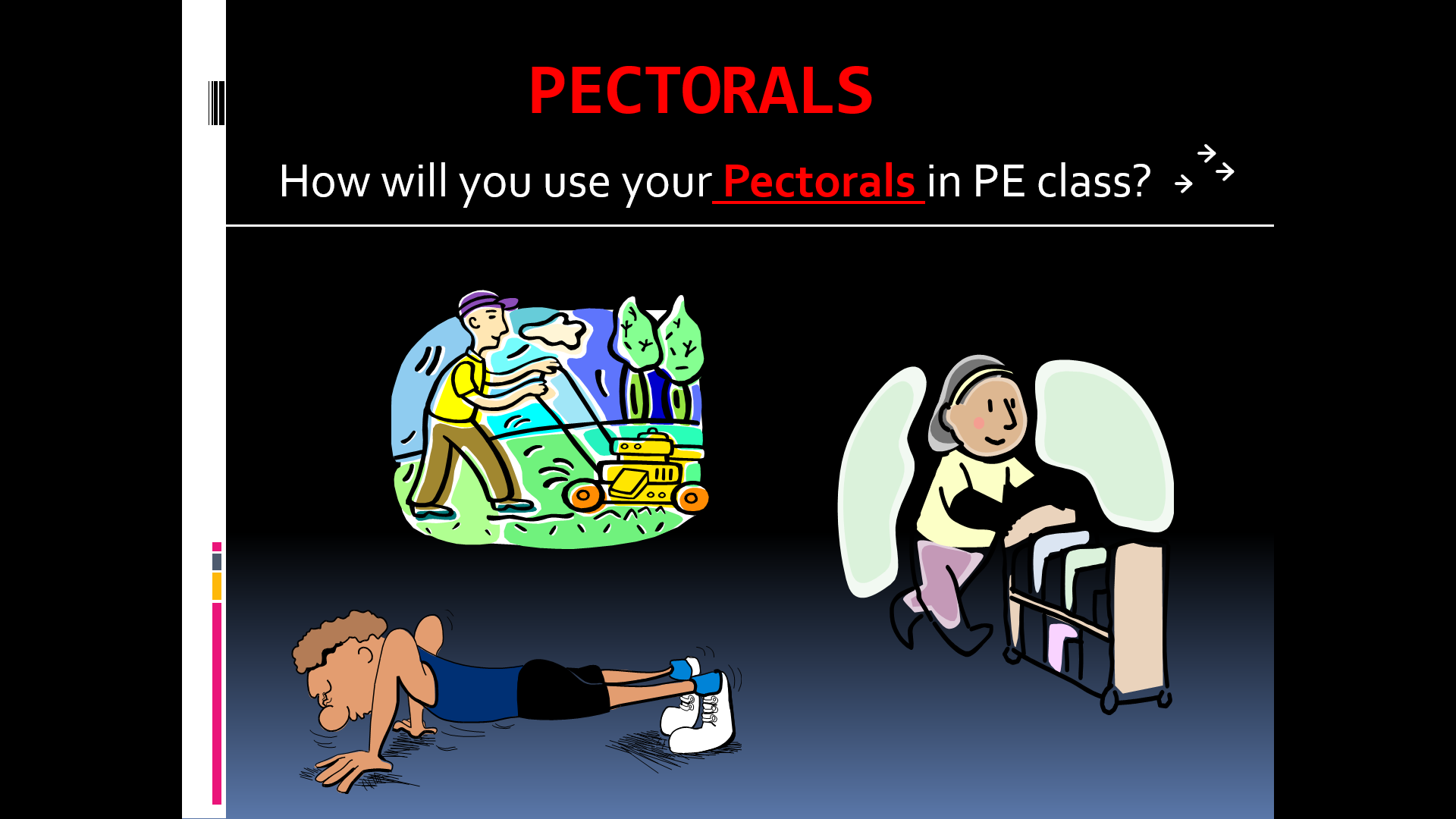
**April - Muscle of the Month**



**Function of the Pectorals**



**How do we use these muscles in PE?**



**The Pectorals are used for muscular strength and muscular endurance in PE class.**

