

# Matewan Pk-8

## NTI

**Grade Level: 6,7,8**

**Date: May 4 -8**

**Teacher's email: mhevener@k12.wv.us**

**is: livegrades**

**Content Area: PE**

**Teacher: Hevener**

**Another way to contact me**

**Note from Teacher:**

**I hope this message finds you all well and safe. Remember to social distance**

**Today's Lesson:**

**Again since we are unable to meet together and do the Fitnessgram, I would like for each of you that have physical education class 2<sup>nd</sup> semester to see how many curl-ups you can do at one time. These are the exercise we do on the blue mats. I will post the results and winners after the week is finished.**