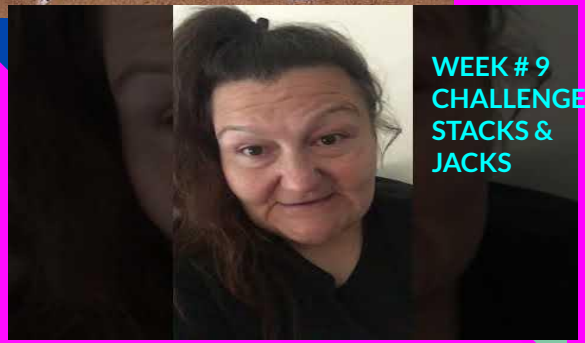


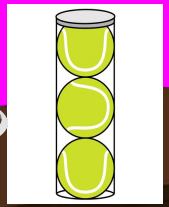
Welcome to Miss Valenti's Physical Education Class !!!





Please complete all the exercises/activities and email them to me @Jvalenti@qboe.org. You can click on the football for the activities and the basketball for another health video. You can watch this week's challenge by clicking the youtube video on the left.

FRIDAY 5/22/20 -click on baseball glove for today's workout.





5/22/20

5/21/20

