

## Physical Education

- The 7-year-old student has developed gross motor skills by imitating the waddling movement of penguins during the activity.
- Through the game, the student has enhanced coordination and balance while pretending to slide on the ice like penguins.
- The activity promotes cardiovascular endurance as the student engages in active movement similar to how penguins swim through the water.
- By engaging in role-play as penguins, the student has shown creativity and imaginative play, contributing to overall physical and cognitive development.

For continued development, encourage the student to explore different animal movements for fun and learning. You can introduce more animal-themed activities to keep physical education engaging and enjoyable, fostering both physical and creative growth.

## Book Recommendations

- ["365 Penguins"](#) by Jean-Luc Fromental: A delightful picture book that follows a family's hilarious adventure with penguins mysteriously delivered to their door each day.
- ["Penguins!"](#) by Gail Gibbons: An informative and beautifully illustrated book that introduces children to the world of penguins, their habitats, behaviors, and more.

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