

Physical Education

- The child learned body coordination by placing different body parts on different colored circles.
- The child developed balance skills by trying to maintain their position on the twister mat.
- The child practiced flexibility by stretching their body to reach different circles on the mat.
- The child improved their gross motor skills by moving their body in various positions and directions.

To continue developing their physical education skills, encourage the child to engage in other movement-based games and activities. This could include dancing, playing tag, or participating in sports such as soccer or basketball. Encouraging them to explore different movements and challenges will help further develop their coordination, balance, flexibility, and gross motor skills.

Book Recommendations

- [Twister on Tuesday](#) by Mary Pope Osborne: In this Magic Tree House book, the main characters travel back in time to the 1870s and experience the excitement of the invention of the twister game.
- [The Twister Trap](#) by Julie Danneberg: This book tells the story of a group of kids who set up a giant twister game as a trap to catch a sneaky dog who keeps stealing their toys.
- [Twister Trouble](#) by Sharon Gordon: In this book, a group of friends gets into some hilarious misadventures while playing twister and trying to beat the challenges of the game.

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