

"Ask Me..."

Dear Mom and Dad,

During physical education we have been learning to balance on different body parts. Ask me to show you how well I can balance on one, two, three, etc., body parts. Please make sure that I can do the following things when I practice at home.

1. I use the correct number of body parts.
2. I tense my muscles so the balance doesn't wiggle.

If I can show you that I can do these two things, please sign and write any comments that you may have, and I will return it to _____.

[Parent's name]

please print