

# "Ask Me..."

Dear Mom and Dad,

During physical education we are learning to make different body shapes. Ask me to show you how I can make the following shapes with my body.

1. Narrow \_\_\_\_ [hands and feet should be together]
2. Wide \_\_\_\_ [hands and feet should be far apart]
3. Round \_\_\_\_ [the knees should be close to the chin]
4. Twisted \_\_\_\_ [twist my waist to see behind me]

If I can show you that I can do these five things, please check them off, sign and write any comments that you may have, and I will return it to \_\_\_\_\_.

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[Parent's name]  
please print