

Mr. Laino's Physical Education Supply List for Remote Learning

Items:

#1. Empty laundry detergent bottle with handle (46 oz bottle works well), **OR** an empty plastic milk gallon container.

These will be used as weights for exercises, such as arm curls. Fill with water for desired weight.

#2. A soft surface for yoga and ground exercises. This could include a yoga mat, a floor rug, or if your flooring at home is a rug you do not need anything.