

Name \_\_\_\_\_ Homeroom Teacher \_\_\_\_\_

# 6 weeks of P.E. at Home K-5th

Hello Families,

As we are faced with the circumstances of being out of school until April 24<sup>th</sup>, our Physical Education teachers have created an activity calendar for our students to use during this time since they will not have Physical Education class. We hope each student will stay physically active each day. If you have another activity you did like, take a hike or ride a bike, you can just write it in the box. Try coming up with something for the weekend too! Try to be active 60 minute a day! Have Fun!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>March 16</b>	<b>March 17</b>	<b>March 18</b>	<b>March 19</b>	<b>March 20</b>	<b>March 21</b>
	<b>LINE JUMPS</b> Stand in front of a line; jump forward and backward 50 times. Go side to side 50 times. Phew!  Parent Initials _____	<b>BICYCLES</b> Lie on your back and move your legs like you're riding a bicycle to strengthen your stomach muscles. Pedal 50 times 3 times. Rest in between!  Parent Initials _____	<b>HOW FAST CAN YOU GO?</b> Have a running race with everyone in your family!  Parent Initials _____	<b>VERTICAL JUMP</b> Jump as high as you can for 30 seconds. Repeat.  Parent Initials _____	<b>STEP UPS</b> Find steps or a curb and do 50 step up and downs 3 times. Be careful. Take a break if you need to.  Parent Initials _____	
<b>March 22</b>	<b>March 23</b>	<b>March 24</b>	<b>March 25</b>	<b>March 26</b>	<b>March 27</b>	<b>March 28</b>
	<b>RAISE THE ROOF!</b> Do body squats (like sitting in a chair) and lift your arms over your head at the top of your squat (when you stand) Do them until you're tired!  Parent Initials _____	<b>RUN! RUN! RUN!</b> See how many times you can run around the outside of your house or block without stopping. Check your heart rate when you finish.  Parent Initials _____	<b>CRABBY CLEAN UP</b> Tidy up while walking like a crab! Carry items on your belly across the room to put them away.  Parent Initials _____	<b>WALKING RACE</b> Pick a distance and challenge a family member to a speed walking race. No running!  Parent Initials _____	<b>BOAT POSE</b> Hold Boat Pose three times for 15 seconds.    Parent Initials _____	
<b>March 29</b>	<b>March 30</b>	<b>March 31</b>	<b>April 1</b>	<b>April 2</b>	<b>April 3</b>	<b>April 4</b>
	<b>FRIENDLY STROLL</b> Go for a walk with an adult who takes care of you for at least 30 minutes.  Parent Initials _____	<b>STEP JUMPS</b> Find steps or a curb and do 50 step up and downs 3 times. Be careful. Take a break if you need to.  Parent Initials _____	<b>STRETCH IT OUT!</b> Put your hands together over your head and stretch from side to side.  Parent Initials _____	<b>CATCH</b> Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.  Parent Initials _____	<b>JUST DANCE!</b> Pick three of your favorite songs today and dance to get your heart rate up!  Parent Initials _____	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 5	April 6	April 7	April 8	April 9	April 10	April 11
	<p><b>WALL PUSHUPS</b></p> <p>Do some pushups against as a wall to build strong upper body muscles. The farther your feet are from the wall, the more challenging it is! Keep that body straight!</p> <p>Parent Initials_____</p>	<p><b>FLEXIBILITY PRACTICE</b></p> <p>Practice doing the downward dog, butterfly, and frog holds to increase your flexibility. Hold for 30 seconds at a time</p>  <p>Parent Initials_____</p>	<p><b>DO THIS:</b></p> <ul style="list-style-type: none"> <li>• Do 30 scissor jumps</li> <li>• Hop on one leg 30 times, switch legs</li> <li>• Jog in place for 30 seconds.</li> <li>• Do 15 Jumping Jacks</li> <li>• Repeat everything 3 times.</li> </ul> <p>Parent Initials_____</p>	<p><b>CHAIR POSE</b></p> <p>Hold for 30 seconds, relax then repeat 5X</p> 	<p><b>PRETEND!</b></p> <p>Pretend to:</p> <ul style="list-style-type: none"> <li>• Sit in a chair for 10 seconds</li> <li>• Shoot a basketball 10 times</li> <li>• Ride a horse</li> <li>• Be a frog</li> <li>• Lift a car</li> </ul> <p>Parent Initials_____</p>	
April 12	April 13	April 14	April 15	April 16	April 17	April 18
	<p><b>COMMERCIAL STROLL</b></p> <p>During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't a thing!</p> <p>Parent Initials_____</p>	<p><b>STRENGTH PRACTICE</b></p> <p>Practice doing the Partner plank, wall hold, and tree pose to work on your muscular strength, Hold for 30 seconds at a time</p>  <p>Parent Initials_____</p>	<p><b>A QUARTER'S WORTH</b></p> <p>How much is a quarter worth?</p> <p>Complete 25 of the following:</p> <ul style="list-style-type: none"> <li>• High Knee Skips</li> <li>• Toe Touches</li> <li>• Elbow to knee lifts</li> <li>• Walk backwards</li> </ul> <p>Parent Initials_____</p>	<p><b>B-BALL CRAZE</b></p> <p>Dribble a basketball or any type of ball 500 times with your right hand then switch to your left and do 500 more.</p> <p>Keep your head up and use your finger pads!</p> <p>Parent Initials_____</p>	<p><b>WILD ARMS</b></p> <p>As fast as you can complete</p> <ul style="list-style-type: none"> <li>• 10 Arm Circles front &amp; back</li> <li>• 10 Forward punches</li> <li>• 10 Raise the Roof's Repeat 3x</li> </ul> <p>Parent Initials_____</p>	
April 19	April 20	April 21	April 22	April 23	April 24	April 25
	<p><b>STAR JUMPS</b></p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p> <p>Parent Initials_____</p>	<p><b>DOUBLE DUTY</b></p> <p>Go for a walk with a parent/guardian and bring a plastic bag. Pick up paper or trash you see along your walk.</p> <p>Parent Initials_____</p>	<p><b>INCHWORMS</b></p> <p>Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p> <p>Parent Initials_____</p>	<p><b>WAKE AND SHAKE</b></p> <p>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p> <p>Parent Initials_____</p>	<p><b>FAMILY ADVENTURE</b></p> <p>Go for a walk with your family. Vary your speeds sometimes walking a fast and medium pace.</p> <p>Parent Initials_____</p>	

Make sure to return this to your PE teachers so they can see how active you were!