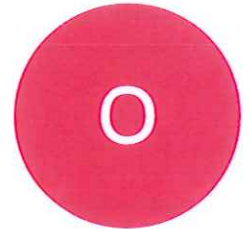
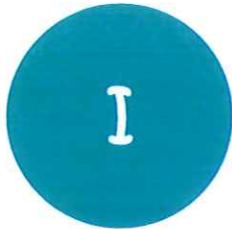


Name _____

Class _____

PE at Home

Complete 5 Physical activities. Have parents initial each box when the activities are completed.



Do 10 push ups	Do 10 curl ups	Do 20 Jumping Jacks	Go on a Nature Walk with a trusted adult	Do 2 sets of 10 burpees
While watching your favorite TV show, do as many push ups during commercials as you can – keep track of your progress	Do 10 push ups	Play a game of soccer with some friends	Practice dribbling a basketball	Do 10 Curl Ups
Run in place for 1 minute/60 seconds	Complete this sequence of movements 3 times: 5 pushups 5 situps 5 squats	Do something kind for someone	Plank for 1 minute	Dance for 5 minutes
Do 10 Push ups	Plank for 1 minute	Do 4 stretches from the stretching song: sit and reach, Reach to the sky, arm circles, etc.	Do 20 jumping jacks	Listen and move in place: https://bit.ly/2xA3Z1h9
Go on a Bear Hunt: https://bit.ly/2TUMZLu	Do 10 Curl ups	Create a health journal for one day, include: Food Drink Physical activities	Do 2 sets of 10 burpees	Run in place for 1 minute/60 seconds