

Name:

Week 1 PE Activities

K-2

Perform Daily Stretches.

Dance Warmup

Fitness Challenge: 30 seconds running in place, 20 jump n jacks, 10 behind the line, 10 pushups, 10 sit-ups

Perform Locomotor Skills (Skip, Hop, Walk, Gallop, Run.)

3-5

Perform Daily Stretches.

Fitness Challenge: 2 sets - 45 seconds running in place, 45 seconds of jump n jacks, 20 toe touches, 20 pushups, and 20 sit-ups

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Fitness Challenge 15 Mins	Play with Friends/ Basketball 30 Mins	Walked my Dog 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2 PE Activities

K-2

Perform Daily Stretches.

Dance Warmup

Fitness Challenge: 30 seconds running in place, 20 jump n jacks, 10 behind the line, 10 pushups, 10 sit-ups

Perform Locomotor Skills (Skip, Hop, Walk, Gallop, Run.)

3-5

Perform Daily Stretches.

Fitness Challenge: 2 sets - 45 seconds running in place, 45 seconds of jump n jacks, 25 behind the line, 25 pushups, and 25 sit-ups

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				