

PHYSICAL EDUCATION

March 30th – April 3rd

This week we are going to play a game with spelling. You can do these activities by yourself or with a family member. Feel free to do extra names or words if you have time. Place a checkmark next to each word that you complete. At the end of the week (Friday), please submit your completed sheet to Coach Carrie Siepmann.

Spell your name PE!

Example Word: Hi H = 10 mountain climbers I = 5 push ups	
MONDAY <input type="checkbox"/> _____ (YOUR NAME)	
TUESDAY <input type="checkbox"/> COACH	
WEDNESDAY <input type="checkbox"/> BANFF	
THURSDAY <input type="checkbox"/> BEARS	
FRIDAY <input type="checkbox"/> EXERCISE	

- A- 5 Jumping Jacks
- B- 5 Jumping Jacks
- C- 10 jumps
- D- hop on your right foot
- E- hop on your left foot
- F- crab walk for 10 seconds
- G- do 5 sit ups
- H- 10 mountain climbers
- I- 5 push ups
- J- 30 second high knees
- K- kick your left foot as high as you can
- L- kick your right foot as high as you can
- M- 5 jumping jacks
- N- 10 jumps
- O- hop on your right foot
- P- hop on your left foot
- Q- do 5 sit ups
- R- do 10 mountain climbers
- S- crab walk for 10 seconds
- T- 5 push ups
- U- kick your right foot as high as you can
- V- kick your left foot as high as you can
- W- Run in place for 30 seconds
- X- run with high knees
- Y- 5 push ups
- Z- 5 sit ups

Student Name: _____

Grade Level: _____

Parent Signature: _____