

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.

Example Word: Hi H = 30 jumping jacks I = 60 second plank
MONDAY <input type="checkbox"/> Your Name <input type="checkbox"/> (family member's name) <input type="checkbox"/> (friend's name)
TUESDAY <input type="checkbox"/> The <input type="checkbox"/> Banff <input type="checkbox"/> School
WEDNESDAY <input type="checkbox"/> Go <input type="checkbox"/> Bears
THURSDAY <input type="checkbox"/> Exercise <input type="checkbox"/> Is <input type="checkbox"/> Fun
FRIDAY <input type="checkbox"/> Coach <input type="checkbox"/> Misses <input type="checkbox"/> You

SPELL YOUR NAME

THAT'S **YOUR** WORKOUT!

A: 15 PUSHUPS

B: 50 JUMPING JACKS

C: 20 CRUNCHES

D: 10 BURPEES

E: 60-SECOND WALL SIT

F: 20 ARM CIRCLES

G: 20 SQUATS

H: 30 JUMPING JACKS

I: 60-SECOND PLANK

J: 20 MOUNTAIN CLIMBERS

K: 40 CRUNCHES

L: 12 BURPEES

M: 15 SQUAT JUMPS

N: 10 PUSHUPS

O: 20 LUNGES

P: 10 TRICEP DIPS

Q: 20 JUMPING JACKS

R: 60-SECOND PLANK

S: 30 BICYCLE CRUNCHES

T: 60-SECOND WALL SIT

U: 40 HIGH KNEES

V: 30 SQUATS

W: 15 TRICEP DIPS

X: 10 MOUNTAIN CLIMBERS

Y: 12 JUMPING LUNGES

Z: 30 CRUNCHES

Å: 30 MOUNTAIN CLIMBERS

Ä: 20 SQUATS

Ö: 50 CRUNCHES

Student Name: _____

Grade Level: _____

Parent Signature: _____