






# PHYSICAL EDUCATION

March 23<sup>rd</sup> – 27<sup>th</sup>

This week we are going to complete a fun fitness calendar. You can do these activities by yourself or with your family. To make it extra fun, roll two dice, add them together and do each daily exercise that many times. Place a checkmark next to each day that you complete.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jog in Place for One Minute	Do 20 Jumping Jacks	Do 10 Push Ups	Jump Rope or Jump over a Line 10 times	Do 10 Sit Ups
				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Student Name: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Parent Signature: \_\_\_\_\_