

Blizzard Bag- Mrs. Belles  
Physical Education (K-4) Lesson Day #1

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Homeroom Teacher: \_\_\_\_\_

Materials Needed: Stopwatch/clock and Pencil

Lesson:

1. Do jumping jacks for 1 min. Record the number below.  
Total number of jumping jacks: \_\_\_\_\_
2. Complete 10 push-ups and 10 sit-ups.
3. Next, complete two stretches you have learned in P.E. class and name or draw them below.

4. In the boxes below color in one square for every 10 minutes of activity you have completed today.

Activities may include:

Aerobic Exercises: walking, swimming, running,

Recreational Activities: volleyball, basketball, soccer, tennis

Everyday Activities: play outside, take the stairs, help around the house, walk your pet, pick up toys, go for a walk

Other: (Please list on the line below)

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**\*Your goal is to have all boxes colored in, which is a total of 60 min. of activity!**