

Blizzard Bag- Mrs. Belles
Physical Education (K-4) Lesson Day #3

Name: _____ Grade: _____

Homeroom Teacher: _____

Materials Needed: Stopwatch/clock and Pencil

Lesson:

1. Do seal jumping jacks for 1 min. Record the number below.
Total number of seal jumping jacks: _____
2. Complete 10 push-ups and 10 crunches.
3. Next, complete two arm 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!**

