

## Physical Education Blizzard Bags

Grades 5-8

Please complete the series of exercises each day, for three days. Please see that your parent signs off that you completed the exercises.

Ready....set...get started!

# Physical Education 5/8 - BLIZZARD BAG

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## Stretch First and Then Move Into Certain Exercises

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

20 Arm Circles

20 Trunk Twists

Standing, Feet Together, Legs Straight – Bend Down to Toes for 15 seconds

Right Over Left – Bend Down for 15 seconds

Left Over Right – Bend Down for 15 seconds

Sitting – 15 second Butterflies

Sitting – Straddle for 15 seconds each leg and middle

Hurdler Stretch for 15 seconds each leg

15 Push-ups

15 Sit-ups

30 Mountain Climbers

30 Crunches

30 Shoulder Touches from Push-up position

100 Line Jumps

60 Second Wall Sit

30 Second Plank

Running In Place for 60 seconds

20 Jumping Jacks

15 Deep Knee Bends

10 Froggies

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