Physical Education 2018 - 2019 "Blizzard Bag"

Grades Kindergarten – 4th Grade

Mrs. Skavnak

Shawnee Elementary

&

Woodlands Intermediate

1. Stretch by reaching straight up, then out to the side.

2. Bend down and touch your toes.

3. Balance on one foot and then the other.

4. Reach one arm across the body in front of you, then the other arm.

5. Sit on the floor with legs straight out in front of you. Reach out and touch your toes.

Circuit to be repeated 3 times:

1. 20 jumping jacks

2. 15 sit-ups

3. 10 push-ups

4. Run in place for 3 minutes

Student's Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Parent's Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_