

Physical Education



Complete at least 30 minutes of physical activity at least 3 days per week!

Feel free to print and fill out the "My At Home PE Journal" with your child so they can keep track of their fitness journey.

Recommended Family Fitness Activities

- *Have a catch with your parent/guardian or siblings
- *Play outside or on the playground with your parent/guardian
- *Ride a bicycle, walk or jog around the neighborhood or a schoolyard track with your parent/guardian

Recommended Individual Fitness Activities

***ABC Fitness:** Using the "ABC Fitness Alphabet Chart", spell out the day of the week using each letter's fitness activity. Be creative and think of additional fun fitness related words to spell with fitness!

How to do each ABC Fitness exercise:

- Jumping Jacks: stand with hands by side, jump in the air and spread feet apart and bring your arms up by your head.
- Push Ups: hands on ground, straight back, feet together
- Sit Ups: lay on back, knees bent, feet on ground, lift chest up to knees then back down
- Plank: Keep a straight back with forearms and toes on the ground
- Arm Circles: Arms straight out to the side, make small circles forward or backward
- Squats: stand with feet shoulder width apart, bend knees as if sitting on a chair, slowly move body up and down
- Lunges: step forward with one foot, bend knees down, don't let knees touch the floor, step back (repeat on other side)

*Do a Yoga video on You Tube: "Cosmic Kids Yoga" is a great resource!

*Do a Zumba video on You Tube: "Kidz Bop Dance Along" is a great resource!

*Take 5 minutes each day to find your Zen!

ABC Fitness Alphabet Chart

A 20 jumping jacks	H 20 jumping jacks	O 20 jumping jacks	V 5 push ups
B 5 push ups	I 5 push ups	P 5 push ups	W 5 sit ups
C 5 sit ups	J 5 sit ups	Q 5 sit ups	X 15 arm circles
D 10 second plank	K 10 second plank	R 10 second plank	Y 5 squats
E 15 arm circles	L 15 arm circles	S 15 arm circles	Z 10 lunges
F 5 squats	M 5 squats	T 5 squats	
G 10 lunges	N 10 lunges	U 10 lunges	

My At Home PE Journal

1. Use ABC Fitness Chart to spell the day of the week with exercise!

Day Of The Week:

2. Check the box if you took some time to find your zen today!

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3. What other fitness activities did you do today?

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3. What other fitness activities did you do today?
