

PE at Home Activities

INVERNESS PRIMARY SCHOOL

Name: _____

<p>Jump front to back over a stationary object 50 times.</p> <p>Initial _____ Date _____</p>	<p>Do 20 forward, then 20 backward arm circles.</p> <p>Initial _____ Date _____</p>	<p>Go on a 20 – 30 Minute Walk with Your Family</p> <p>Initial _____ Date _____</p>	<p>Put on music and dance for 5 minutes.</p> <p>Initial _____ Date _____</p>	<p>Do as many Push-ups in 30 seconds, rest for 10 seconds, repeat 3 times.</p> <p>Initial _____ Date _____</p>
<p>Wall sit – pretend you are sitting on a wall (squat position) and hold for 30 seconds. Repeat 2 times.</p> <p>Initial _____ Date _____</p>	<p>Do 20 Jumping Jacks or Scissor Jumps</p> <p>Initial _____ Date _____</p>	<p>Ask an adult to time you as you run (set a specific distance). Repeat, trying to improve your time.</p> <p>Initial _____ Date _____</p>	<p>Take a walk and find 10 things that start with the first letter of your name.</p> <p>Initial _____ Date _____</p>	<p>10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Complete 3 rounds</p> <p>Initial _____ Date _____</p>
<p>Vertical jump – jump as high as you can for 30 seconds. Repeat.</p> <p>Initial _____ Date _____</p>	<p>Jump side to side over a stationary object 25 times.</p> <p>Initial _____ Date _____</p>	<p>Ask a parent to hold your feet, cross your arms across your chest, while you perform as many sit-ups as you can in one minute.</p> <p>Initial _____ Date _____</p>	<p>Do 10 high knee twists. Bring your knee to your opposite elbow and switch.</p> <p>Initial _____ Date _____</p>	<p>Jog in place (or outside) to your favorite song.</p> <p>Initial _____ Date _____</p>
<p>Jump rope (or pretend to jump rope) to an entire song without stopping.</p> <p>Initial _____ Date _____</p>	<p>Crab walk across the room, forwards, backwards, and sideways.</p> <p>Initial _____ Date _____</p>	<p>Flamingo Balance – balance on Right foot for 20 seconds, then switch to the Left foot for 20 seconds.</p> <p>Initial _____ Date _____</p>	<p>Stretching: Windmill – Feet apart, touch hand to opposite foot 10 times</p> <p>Initial _____ Date _____</p>	<p>Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p> <p>initial _____ Date _____</p>

Directions: Complete 4 squares each day (Monday – Friday) and have your parent/guardian initial and date when you complete each square. Once your activity page is completed, take a picture of it and email it to Mr. Flaherty and Ms. Green