



**Physical
Education**



GRADES PRE-K to 4TH

- Take a walk, jog or bike ride
- 3 sets of 15 star jumps, 15 double foot hops
- Make your own scavenger hunt
- 15 minutes dance party
- Run up and walk down your steps 4 times
- Make your own obstacle course in your house
- 3 sets of: 20 skips in place, 10 hops each foot
- 15 minutes freeze dance
- 10 air punches, 15 star jumps

GRADES 5-8

- Take a walk, jog or bike ride
- 3 sets of: 15 mountain climbers, 15 star jumps, 10 crunches
- Make your own scavenger hunt
- 15 minutes dance party or 15 minutes jog in your yard
- Run up and walk down your steps 7 times
- Make your own obstacle course in your house
- 3 sets of: 10 second plank, 30 seconds invisible jump rope
- 15 minutes freeze dance or 15 minutes jog