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| May |
| 2020 |
| PE  |

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| Lance PE 4th – 6th Grade Do each activity mark it off after you do it.  | Photo of a toucan in a green forest |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | 50 Jumping Jacks  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | Mile Monday  | 35 Push ups  | 35 Sit-ups  | 25 Burpees  | Play basketball for 30 minutes  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | Mile Monday  | Practice throwing & catching a football  | Jump Rope for 30 minutes  | Practice throwing & catching a baseball | Make up races and race against your family  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | Mile Monday  | Stretch for 15 minutes  | Play basketball  | Go for 30 minute walk  | Ride bike for 30 minutes  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | Mile Monday  |  |  |  |  |  |
| 31 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

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