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| April |
| 2020 |
| PE |

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| Lance PE 4th – 6th grade  Do activity listed for that day, then mark it off. |  |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  |  |  | 30 Push ups | 50 Jumping jacks | Play catch with someone that lives in your house |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | Mile Monday | 30 Sit-ups | Go for a 30 minute walk | Stretch for 10 minutes | Play basketball for 30 minutes |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | Mile Monday run a mile | Kick a soccer ball with someone who lives in your house | 30 Push ups | 30 Burpees | Ride Bike for 30 minutes |  |
| 26 | 27 | 28 | 29 | 30 |  |  |
|  | Mile Monday run a mile | 50 Jumping Jacks | Play basketball for 30 minutes | Play hide-n-seek with family |  |  |
|  |  |  |  |  |  |  |
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