|  |
| --- |
| May |
| 2020 |
| PE  |

|  |  |
| --- | --- |
| Lance PE K – 3rd 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 |
|  |  |  |  |  | Jump Rope for 30 minutes  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | Go for walk with your family  | Ride bike for 15 minutes  | Run around yard for 15 minutes  | Jump up & down 50 times  | Practice kicking a soccer ball for 20 minutes  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | Practice throwing & catching for 20 minutes  | Play hide-n-seek with your family for 30 minutes  | Play bridge tag with your family for 30 minutes  | Skip around the house 15 times  | Run any type of race against your family  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | Practice shooting a basketball for 30 minutes  | Hop up and down 40 times (hop is done on 1 foot)  | Go for a 30-minute walk with your family.  | Jump rope for 30 minutes  | Practice catching a football while running  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | Practice throwing a football  |  |  |  |  |  |
| 31 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

View and edit this document in Word on your computer, tablet, or phone. You can edit text; easily insert content such as pictures, shapes, and tables; and seamlessly save the document to the cloud from Word on your Windows, Mac, Android, or iOS device.