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| May |
| 2020 |
| PE |

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| Lance PE K – 3rd Grade  Do each activity mark it off after you do it. | Photo of a toucan in a green forest |

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| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |  |
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