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| April |
| 2020 |
| PE  |

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| --- | --- |
| Lance PE K – 3rd 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 |
|  |  |  | Skip around the house 5 times  | Gallop around the house 5 times  | Jump up and down 50 times  |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | Hop up and down 30 times (hop is on 1 foot)  | 30 Jumping jacks  | Go on a walk with your family  | Kick a ball for 20 minutes  | Practice dribbling a basketball for 20 minutes.  |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | Play hide-n-seek with your family.  | Play catch for 20 minutes with your parents  | Skip around the house 5 times  | Run around the house 10 times  | Practice shooting a basketball or 20 minutes  |  |
| 26 | 27 | 28 | 29 | 30 |  |  |
|  | Play freeze tag with someone in your family  | Play catch with someone in your family  | Gallop around house 5 times  | Jump rope for 30 minutes  |  |  |
|  |  |  |  |  |  |  |
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