

3-5th P.E. Packet

Each day you can choose one or both workouts and one daily activity. Click the link for video. *Ask guardian before going outside or attempting inside.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Run 5 Laps around your house outside/inside</p> <p>OR</p> <p>BATGIRL Workout</p>	<p>BATMAN Workout</p> <p>OR</p> <p>Bear crawl 2 laps around your house outside/Inside</p>	<p>Dance for 15 Minutes</p> <p>OR</p> <p>Stretch for 10 Minutes</p>	<p>Do 50 jumping jacks</p> <p>OR</p> <p>Plank as long as you can</p>	<p>10 Burpees and 20 Crunches</p> <p>OR</p> <p>Ant-Man Workout</p>
Week 2	<p>20 push-ups, 20 crunches, 20 squats</p> <p>OR</p> <p>Play a tag game for 10 minutes</p>	<p>Side plank on BOTH sides for 2 minutes</p> <p>OR</p> <p>Jump Rope for 3 minutes</p>	<p>Captain America Workout</p> <p>OR</p> <p>Speed Walk for 5 minutes</p>	<p>Bear Crawl 1 Laps around your house</p> <p>OR</p> <p>Do as many wide grip push-ups as you can in 1 minute</p>	<p><u>YouTube Cardio Workout</u></p> <p>or</p> <p>Invent a tag game and play it with someone else at your house</p>
Week 3	<p><u>Whip Nae Nae Workout</u></p> <p>OR</p> <p>Dance to your favorite music for 10 minutes</p>	<p>Dribble a ball B-ball style outside or inside your house where its safe</p> <p>OR</p> <p>Dribble a ball/object soccer style through your house or outside for 5 minutes</p>	<p><u>Video Challenge</u></p> <p>OR</p> <p>Play outside for 15 minutes</p>	<p>Bottle Flip Chaos</p> <p>OR</p> <p>Go for a walk with your family</p>	<p>Space Jam Dance</p> <p>OR</p> <p>Run in place or run laps for 5 minutes</p>
Week 4	<p>Have a plank contest with someone</p> <p>OR</p> <p>Vacuum your entire house</p>	<p><u>Get Active at Home Workout</u></p> <p>OR</p> <p>Do jumping jacks for 5 minutes</p>	<p><u>Toss and Catch</u></p> <p>OR</p> <p>Play catch with a family member</p>	<p>Star Wars - SITH</p> <p>OR</p> <p>Play outside for 20 minutes</p>	<p>Choose any (2) activities from the calendar and (1) daily choice</p>

Other Daily P.E. Activities

- Build a fort
- Build a cup tower
- Run up and down your stair for 5 min
- Jump Rope 100x or 10 minutes
- Create a dance and teach it to someone
- Take family walk or hike for 20 minutes
- Plank for as long as you can
- Pick a sport-specific skill to practice for at least 15 minutes
 - Juggle Socks
 - Play Hopscotch
 - Play Rock Paper scissors with your whole body
 - Put on socks and skate around the house
 - Record your max reps of push-ups in one minute
 - Record your total max reps of crunches in one minute