

# PE Online Learning Grades 3-5

While you are home we want to make sure you keep moving and stay healthy! Get outside as much as you can and keep up with that healthy and active lifestyle!

## Physical Education Fitness Calendar

**Directions:** Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.



**Note:** If you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Student Name: _____ Classroom Teacher: _____	Parent Signature: _____		1 Hold a push-up position while counting the number of times you can do it in 15 seconds.	2 Skip around the house while singing the school song.	3 Cak Walk from the kitchen to the bathroom and back (try to do it in 30 seconds).	4 <b>Rest Day</b>
5 Get into a push-up position and do one push-up. Repeat 10 times.	6 Do the butterfly stretch while sitting on the floor. Repeat 10 times.	7 Do the butterfly stretch while sitting on the floor. Repeat 10 times.	8 Reach up off the floor 15 times.	9 Do squats while watching 3 commercials on T.V.	10 <b>Rest Day</b>	11 Balance on one foot while a family member or friend counts the ABC's 10 times.
12 Challenge a family member or friend to a "Mountain Climber" race.	13 Dance to one of your favorite songs.	14 Do 60 seconds of arm circles.	15 <b>Rest Day</b>	16 Run one lap around your house.	17 Hold a push-up position while giving a high five to a family member or friend 15 times.	18
19 Stand in front of a mirror and flex or move a muscle you can think of.	20 Spell your full name while jumping in the air for each letter.	21 <b>Rest Day</b>	22 Reach and touch your toes while counting to 25. Repeat 3 times.	23 Do 80 side planks.	24 Challenge a family member or friend to a "jumping jack race" for 60 seconds.	25
26 Do 100 Jumping Jacks.	27 <b>Rest Day</b>	28	29 Make up your own fitness challenge and draw it on the back of this page.	30 Pick One Of Your Favorite Days And Do It Again!!!	Check off (✓) when you finish each day.	

## BACKYARD SCAVENGER HUNT

- ☁ Find 3 kinds of leaves.
- ☁ Find something yellow.
- ☁ Name a bug that is red.
- ☁ Find 2 sticks.
- ☁ Find something that smells good.
- ☁ Name something you see in the sky.
- ☁ Find something that is round.
- ☁ Find something that grows that is green.
- ☁ Find a bird.
- ☁ Find 3 different colored rocks.
- ☁ Find something purple.
- ☁ Find a bug.



**Welcome to the JUNGLE**  
A Jumbani inspired workout


All you need is yourself and a dice! Don't have a dice? Write 1-6 on a piece of paper and put it into a hat to draw!

The workout is:  
10 ROUNDS and each round you are going to roll the dice 3 times.  
Each number represents a movement you must do.

- 1 = 20 mountain climbers
- 2 = 10 Jumping jacks
- 3 = 5 burpees
- 4 = 5 Jaguar crawls
- 5 = 10 Body weight squats
- 6 = 20 Seated Rotation

Between rounds, RUN FOR YOUR LIFE for 20 seconds. Don't have room to run? Run in place as fast as you can!

Example of what a round could look like:  
I roll a 5, that means I must do 10 body weight squats.  
Then I roll a 3, that means 5 burpees.  
Lastly, I roll a 1 so I need to do 20 mountain climbers.  
Once I finished, I must run for my life for 20 seconds!  
REPEAT THIS 10 TIMES!



**"Strength is my weakness."**  
-Spencer

**Rules:**

- If you need to take a rest, try and take it after you have completed a round and ran for your life. Try not to rest more than 30-45 seconds.
- If you roll a number twice in a round you get a do over! Roll again!

**NOW ROLL THE DICE AND UNLEASH THE EXCITEMENT!**

### FULL NAME WORKOUT!!!

- A** 10 Jumping Jacks
- B** 10 Crunches
- C** 15 Squats
- D** 15 SHOULDER-TOUCH PUSH-UPS
- E** Run in Place for 30 Seconds
- F** 15 Seconds of Arm Circles
- G** 30 Second Wall Sit
- H** 15 Jumping Jacks
- I** Plank for 15 Seconds
- J** 20 Shoulder-Touch Push-Ups
- K** Side Plank for 30 Seconds
- L** 5 Squats
- M** 20 Jumping Jacks

- N** Plank for 20 Seconds
- O** Run in Place for 1 Minute
- P** Side Plank for 30 Seconds
- Q** 20 Jumping Jacks
- R** 10 Crab Kicks
- S** 15 Shoulder-Touch Push-Ups
- T** 10 Crunches
- U** 10 Squats
- V** PLANK FOR 30 SECONDS
- W** 1 Set of ABC Push-Ups
- X** Run in Place for 20 Seconds
- Y** 5 Power Jumps
- Z** REST FOR 30 SECONDS

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**Start with the first letter of your name and spell out your name while performing the exercises. Students can choose their level of workout.**

**LEVEL 1 = FIRST NAME**  
**LEVEL 2 = FIRST and LAST NAME**  
**LEVEL 3 = FIRST, MIDDLE, and LAST NAME**

## Resources

[www.gonoodle.com](http://www.gonoodle.com)

[PE with Joe](#)

[OPEN PE Active Home](#)

## Health Tips:

Drink Water

Eat Healthy Foods

Get Plenty of Rest

Wash Your Hands!!!