

## **P.E. March 23<sup>rd</sup>- 26<sup>th</sup>**

This week I really want to challenge the students and get them working out and doing movements they are familiar with. (Parents/family members I really encourage you to do these workouts with your children, this will help them to stay focused and finish strong). Again, I will have the grades do things a little different some days because of the age. Thank you, Mrs. Diaz.

### **Monday 23<sup>rd</sup>:**

1<sup>st</sup>-5<sup>th</sup>: Complete 3 sets of-

- 5 minutes of running \*rest 1 minute between sets

PK3-Kinder: Complete 3 sets of-

- 5 minutes of running \*rest 1 minute between sets

\*\*If there is more than 1 student incorporate a tag game to make it more fun (for all grades)

### **Tuesday 24<sup>th</sup>:**

1<sup>st</sup>-5<sup>th</sup>: Complete 5 sets-

- 5 push-ups
  - 10 high knees
  - 10 heel kicks (aka butt kicks)
  - 20 air squats
- \*rest 1 minute between sets

PK3-Kinder: Complete 3 sets-

- 5 push-ups
  - 10 high knees
  - 10 jumping jacks
  - 10 air squats
- \*rest 1 minute between sets

**Wednesday 25<sup>th</sup>:**

1<sup>st</sup>-5<sup>th</sup>: Part A/Complete 3 sets-

- 30 seconds plank
- 30 seconds superman hold
- 30 seconds hollow hold

\*rest 15 seconds between exercises and 1 minute between sets

Part B/As Many Rounds As Possible in 10 minutes-

- 10 tuck jumps
- 10 Cossack squats
- 10 Russian twists

PK3-Kinder:

Part B/As Many Rounds As Possible in 10 minutes-

- 10 tuck jumps
- 10 cossack squats
- 10 sit ups

**Thursday 26<sup>th</sup>:**

This Thursday Kinder, Pre-K 3 and 4 classes can work on some yoga poses with the link down below.

<https://www.youtube.com/watch?v=BEPxPkQY6V8>

1<sup>st</sup>-5<sup>th</sup> will be moving to the beat with some Kids Bop dances (I know a lot of them like to dance so I hope they enjoy this video).

[https://www.youtube.com/watch?v=sHd2s\\_saYsQ](https://www.youtube.com/watch?v=sHd2s_saYsQ)

An alternative would be for them to come up with their own game. I love when they share different games or warmups that we could do in P.E. Once we get back to school, I would like for them to share what they came up with.