

# Week 1 Physical Education

## Standards:

- 3.3 Participate 3-4 days each week, for increasing time, in continuous to moderate vigorous physical activity at appropriate intensity for increasing aerobic capacity

## Monday

- Complete the Red workout
- Fill in Activity log for Monday

## Tuesday

- Complete the Blue workout
- Fill in Activity log for Tuesday

## Wednesday

- Complete the Yellow workout
- Fill in Activity log for Wednesday

## Thursday

- Complete the Green workout
- Fill in Activity log for Thursday

## Friday

- Complete your choice of color workout
- Fill in Activity log for Friday

## Challenge (optional)

- Plank for as long as you can: record your time.

## Red Workout

- \* Jog in place for 1 minute
- \* 10 R and L leg stretches
- \* Plank for 20 seconds
- \* 15 Scissor Jumps
- \* 10 Sit Ups
- \* Wall Squat 25 seconds
- \* 15 Ski Jumps
- \* 10 Toe Touches

**Repeat For 12 Minutes**  
**30 Second Rest in Between**

## Blue Workout

- \* 40 Jumping jacks
- \* 10 R and L arm stretches
- \* 7 Squats
- \* 15 Heel raises
- \* 20 High knees
- \* 7 Lunges
- \* 15 Crunches
- \* 20 Mountain Climbers

**Repeat For 12 Minutes**  
**30 Second Rest in Between**

## Yellow Workout

- \* 40 Jumping jacks
- \* 30 Second Stretch
- \* 20 Back Kicks
- \* 10 Squats
- \* ABC Push Ups
- \* 20 Jump Ropes
- \* 7 Standing long jumps
- \* 10 Hops each foot

**Repeat For 12 Minutes**  
**30 Second Rest in Between**

## Green Workout

- \* Jog in place for 1 minute
- \* 30 Second Stretch
- \* 10 Leap Frogs
- \* 10 Walking Lunges
- \* 15 Squat Kicks
- \* 25 Mountain Climbers
- \* 15 Skips in place
- \* 15 You Pick

**Repeat For 12 Minutes**  
**30 Second Rest in Between**

Name \_\_\_\_\_

Activity Log for the Week of \_\_\_\_\_

School Site \_\_\_\_\_

Teacher \_\_\_\_\_

**Be sure you are doing physical activity for at least 15 - 20 minutes each day**

**Document what you are doing for each subject each day.**

**\*\*4th and 5th Grade students must return this form for grading purposes either at your site, or to [jtoepfer@tusd.net](mailto:jtoepfer@tusd.net)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
What activity did you do?					
How long did you do the activity?					
How did you feel after the activity?					
<b>Parent Signature</b>					