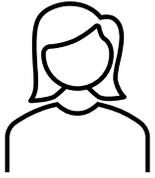
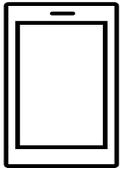
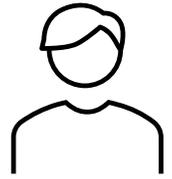


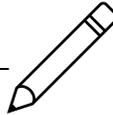
You Are Living History!

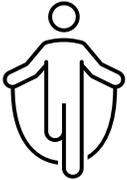


I am _____ years old. It is the Spring of my _____ grade year.
Schools closed for the last 11 weeks of the 2019-2020 school year.



I do my classwork at home using a computer or tablet. *(Circle all the places you do classwork)* I work at my kitchen table/at my desk/on my bed/in a comfy chair/in the family room/outside at a picnic table/on my front or back porch/ on a blanket on the grass. Is there another place you do classwork? Where?

_____ 



I miss a lot of things about going to school. My favorite recess game is:

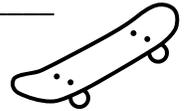


These are some active things I do to be physically fit & healthy during quarantine:

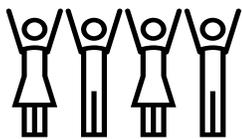
(examples – gymnastics, dancing, basketball, soccer, karate, rollerblading, bike riding, jogging, yoga, tennis, swimming . . .)



• _____
• _____
• _____



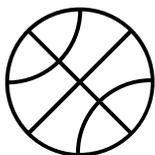
• _____
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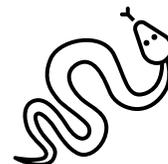
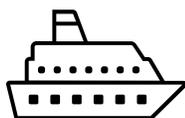
I miss being active with my friends. We played a lot of fun games in PE.

One of the games I miss playing is:

(Write a game or activity you miss from PE.)



Use the back of this page to write down how the game is played. List the equipment you need, how many players, the rules, draw a diagram, etc. That way, when you open your time capsule in the future, maybe, you can play it!



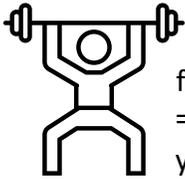
QUARANTINE PHYSICAL FITNESS CHALLENGE

In the month of May of the year 2020, I can do the following Physical Fitness Challenges:



FLEXIBILITY:

- *Splits – Right - yes/no, Left – yes/no, Center – yes/no
- *Touch my toes and hold the stretch for 5 seconds – yes/no

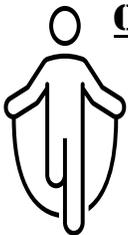
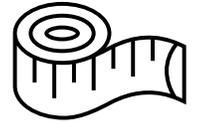


STRENGTH:

*Push Ups – How many can you do in a row? _____ No resting or laying on the floor. You can do regular (on hands and toes) or modified (on hands and knees). Use good form = body in a straight line from shoulders to knees or feet, arms bend to 90 degrees every time you go down, no touching the floor with your middle.

*Burpees – How many can you do in a row using good form? _____ Keep your feet together all the time, hold each position one second.

*Standing Broad Jump – How big of a forward jump can you make? _____ Stand with feet together, toes behind a line (no running start), jump forward as far as you can, stick your landing (no wiggling, sliding or stepping of feet), measure to the back of your foot, record the distance in feet and inches.



CARDIO:

*Jump Rope – how many jumps can you do in 30 seconds? _____ You may jump any way you wish, keep going even if you make a mistake until the time is over.

*Jump Rope – how many times can you jump in a row before you miss? _____

*50 Yard Dash – Have someone use a stopwatch to time you.

How many seconds did it take? _____



CORE:

*Hula Hoop – how long can you keep the hoop going? _____ You may do it at your neck (be careul!), knees, waist, or arm.

*Sit Ups – how many can you do in one minute? _____ You may go as fast as you want, but please use good form = knees bent up, arms crossed at chest, hands at shoulders, someone holding your feet with open hands over your laces. Touch your elbows to your knees every time you sit up.



BALANCE:



*Balance – How long can you balance on each foot? Right _____ Left _____ Use these tips as you work for balance: stay still – no hopping around or waving arms, focus on something on floor or wall, use your arms as a counter-balance. Have someone time you with a stopwatch.

*Hop on one foot – How many in a row can you do on each foot? Right _____ Left _____

*Head Stand – Can you stand on your head? Yes/No

*Hand Stand – Can you do a hand stand? Yes/No

*Dribble a basketball while in motion – How long can you do it? _____ Have someone time you with a stopwatch. Walking or jogging around, without misses or holds. Dribble the best way for you!

