

Week 4 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

- Do activities 1,2 and 3 on the 2 x 2 fitness chart three times each
- Fill in Activity log for Monday

Tuesday

- Do activities 4, 5, and 6 on the 2 x 2 fitness chart three times each
- Fill in Activity log for Tuesday

Wednesday

- Do activities 7,8 and 9 on the 2 x 2 fitness chart three times each
- Fill in Activity log for Wednesday

Thursday

- Pick your favorite 3 activities on the 2 x 2 fitness chart and do them three times each
- Fill in Activity log for Thursday

Friday

- Do all of the activities on the 2 x 2 fitness chart at least once
- Fill in Activity log for Friday

2 BY 2 FITNESS!

This activity sheet is set up to do with a sibling, guardian, or anyone else :) Feel free to complete it by yourself also! Check off the exercise when completed.

- Do 10 up-downs together
- Bear walk from one wall to the other.
- Pretend to jump rope for 1 minute.
- Hold a plank position together and count to 30.
- Complete 50 jumping jacks.
- Teach each other a dance move, or make up your own!
- Do 10 partner high five push-ups, if completing alone perform as many ABC push-ups as possible.
- Back to back wall sit together for 30 seconds. Or use a wall for more stability.
- Wheelbarrow from one wall to another and switch.
- Make up one activity to do together or make up one for yourself!

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**

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