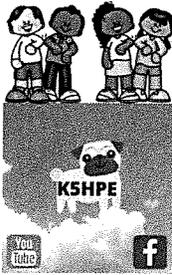


**E-LEARNING (NON-DIGITAL)
PE ACTIVITY #1**



**PLEASE COMPLETE THE EXERCISE BOARD GAME ON OUR
FIRST E-LEARNING DAY WHEN YOU DO NOT HAVE YOUR
DEVICE AT HOME. YOU WILL NEED A DICE TO PLAY.
RETURN COMPLETED GAME (MARK THE SPACES YOU
LANDED ON) WITH YOUR NAME ON IT TO MRS. HENNEN AT
SCHOOL.**

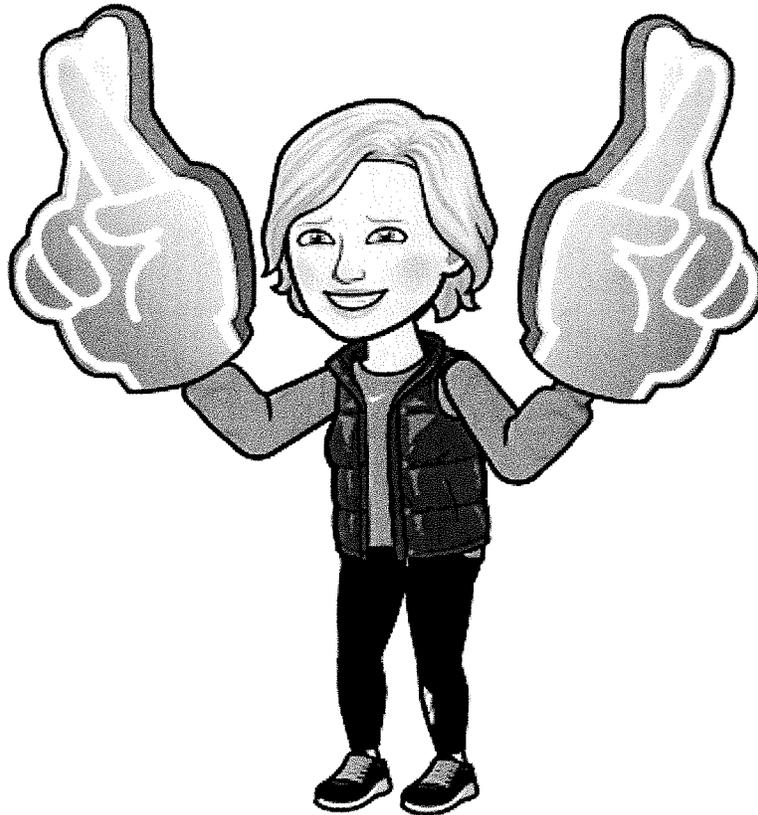


EXERCISE

| | | | | | |
|--------------------------|--------------------------|---------------------------|---------------------------|-------------------------|-------------------------|
| 37 Push-Ups | 38 Jumping Jacks | 39 Knees to Elbows | 40 Run on Spot | 41 Toe Touches | KEEP FIT |
| 36 Leg Raises | 35 Squats | 34 Crunches | 33 Deep Breaths | 32 Jumps | 31 Plank |
| 25 Squats | 26 Leg Lifts | 27 Rest | 28 Knees to Elbows | 29 Toe Touches | 30 Jumping Jacks |
| 24 Crunches | 23 Side Stretches | 22 Run on Spot | 21 Deep Breaths | 20 Jumping Jacks | 19 Push-Ups |
| 13 Jumping Jacks | 14 Rest | 15 Leg Raises | 16 Lunges | 17 Run on Spot | 18 Rest |
| 12 Side Stretches | 11 Lunges | 10 Squats | 9 Toe Touches | 8 Side Stretches | 7 Leg Lifts |
| 1 START | 2 Jumping Jacks | 3 Deep Breaths | 4 Plank | 5 Jumps | 6 Squats |

Numbers indicate how many seconds to perform movements. Have fun!

**E-LEARNING (NON-DIGITAL)
PE ACTIVITY #2**

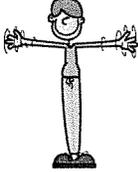
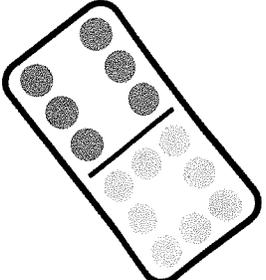


**PLEASE COMPLETE THE 3 DOMINO FITNESS 2.0 ACTIVITIES
ON OUR 2ND E-LEARNING DAY WHEN YOU DO NOT HAVE
YOUR DEVICE AT HOME.**

**WRITE THE EXERCISES YOU DO NEXT TO EACH DOMINO.
RETURN COMPLETED WORKOUT WITH YOUR NAME ON IT TO
MRS. HENNEN AT SCHOOL.**

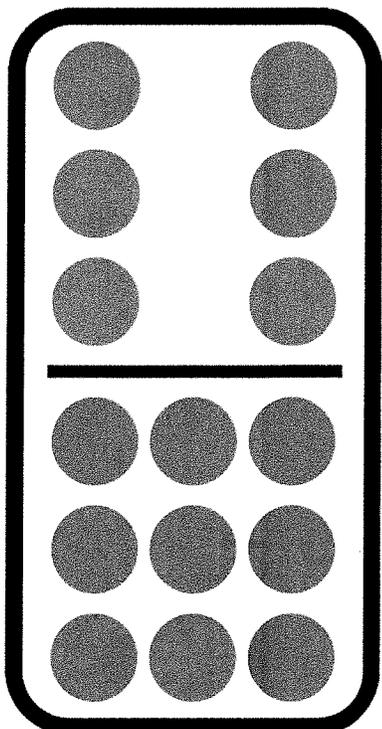
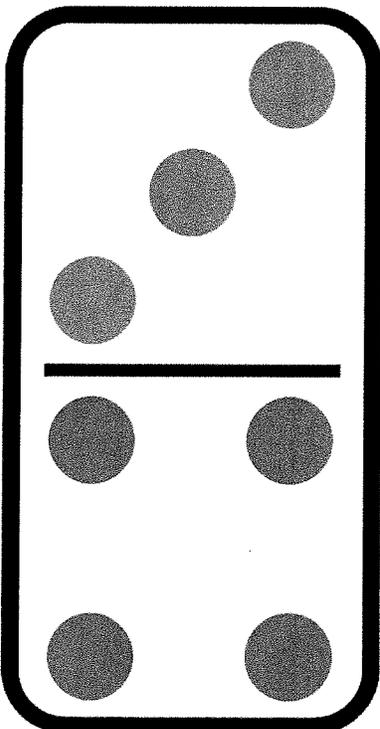
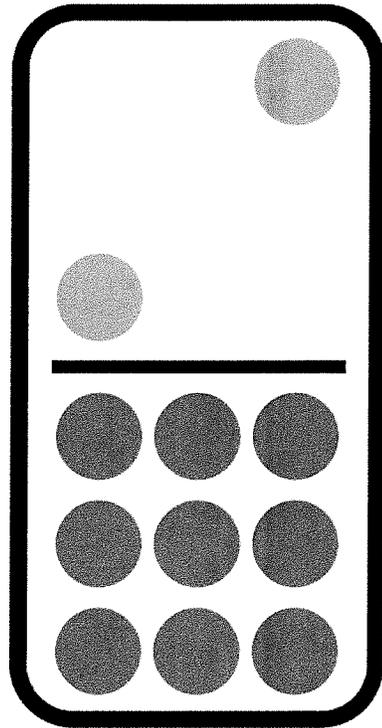
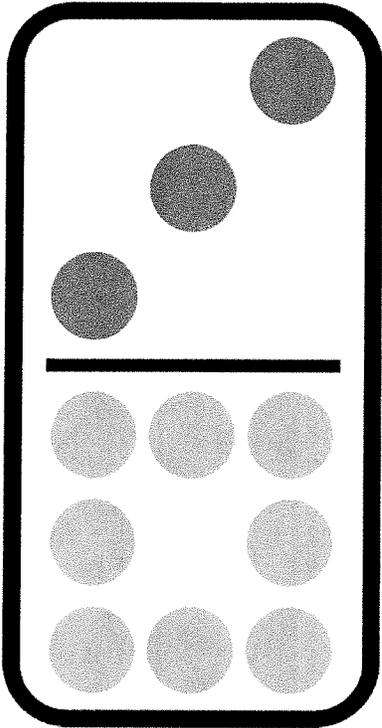
DOMINO FITNESS 2.0

Directions: Use this sheet with the domino sheets to find out which exercises to perform.

| | | | |
|--|---|---|---|
| <p>Wall Sit For 30 Seconds</p>  <p>0 DOTS</p> | <p>Skip 3 Laps</p>  <p>1 DOT</p> | <p>Hop On One Foot 1 Lap</p>  <p>2 DOTS</p> | <p>10 Jumps In The Air</p>  <p>3 DOTS</p> |
| <p>30 Seconds Of Arm Circles</p>  <p>4 DOTS</p> | <p>20 Mountain Climbers</p>  <p>5 DOTS</p> | <p>30 Second Butterfly Stretch</p>  <p>6 DOTS</p> | <p>Crab Walk 1 Lap</p>  <p>7 DOTS</p> |
| <p>Balance On One Foot For 30 Seconds</p>  <p>8 DOTS</p> | <p>20 Squats</p>  <p>9 DOTS</p> | <p>30 Second Thigh Stretch (Both Legs)</p>  <p>10 DOTS</p> | <p>10 Push-ups</p>  <p>11 DOTS</p> |
| <p>10 Curl-Ups</p>  <p>12 DOTS</p> | <p>30 Second Straight Leg Stretch</p>  <p>13 DOTS</p> | <p>Jog 3 Laps</p>  <p>14 DOTS</p> | <p>30 Jumping Jacks</p>  <p>15 DOTS</p> |
| <p>30 Second Standing Straight Leg Stretch</p>  <p>16 DOTS</p> | <p>30 Side Bends</p>  <p>17 DOTS</p> | <p>10 Flex Your Muscles</p>  <p>18 DOTS</p> |  |

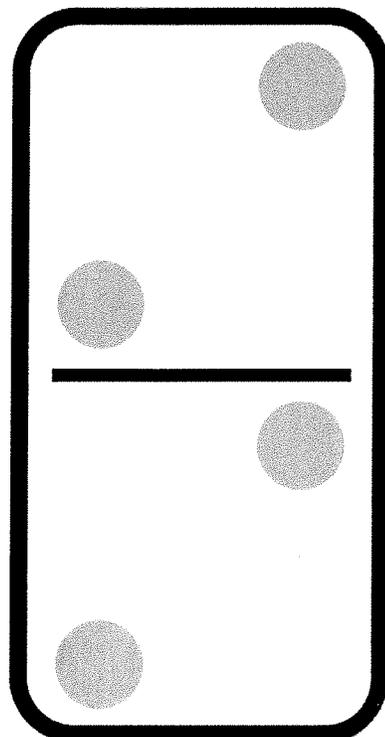
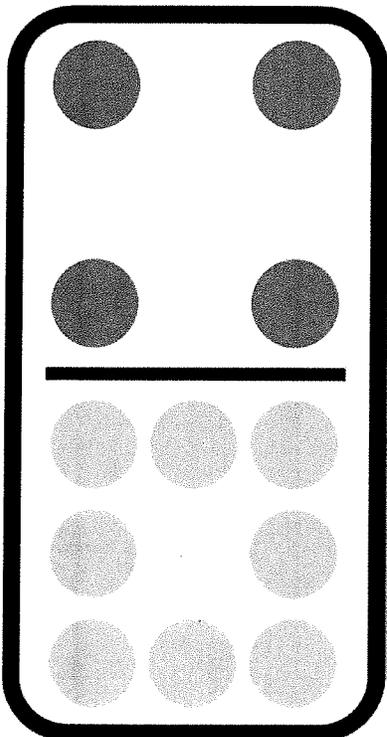
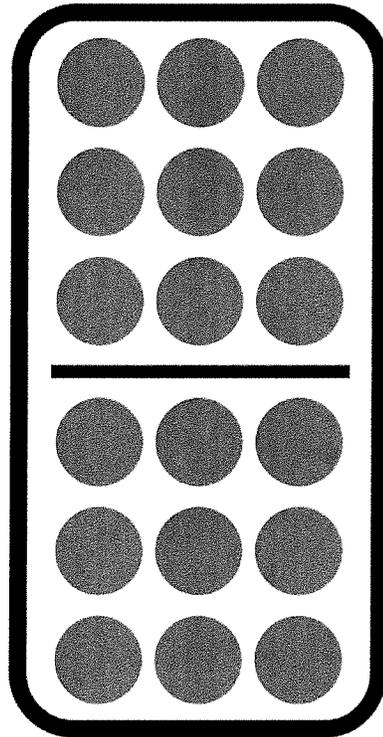
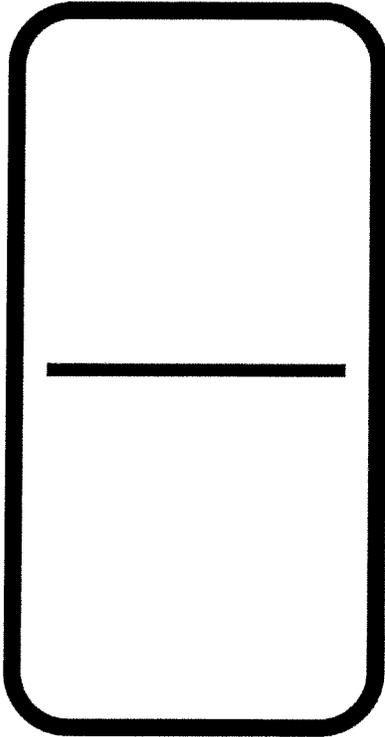
DOMINO FITNESS 2.0

Directions: Count the dots on each domino. Then go to the exercise sheet to find out which exercise to perform.



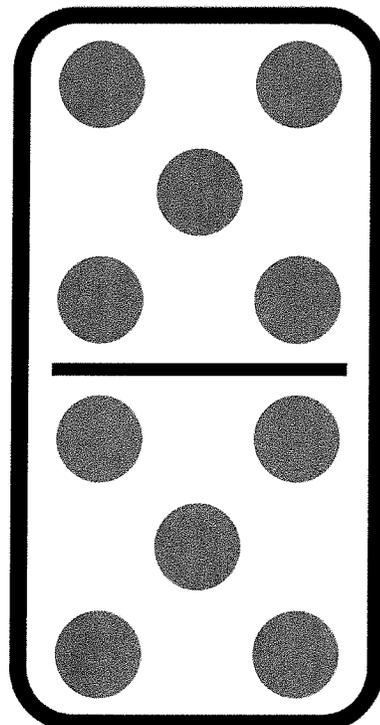
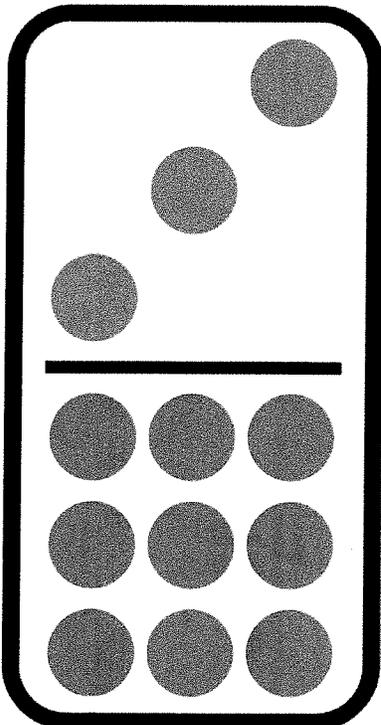
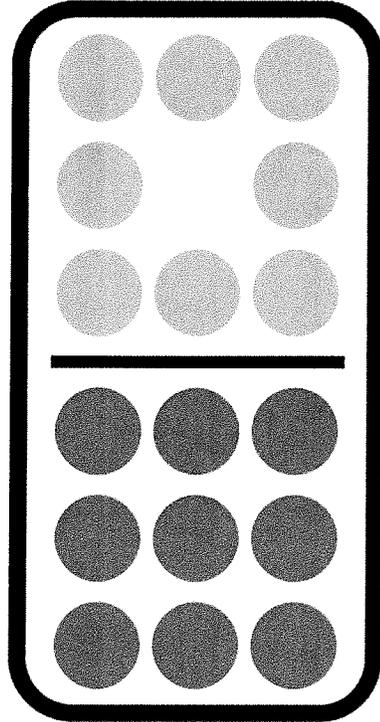
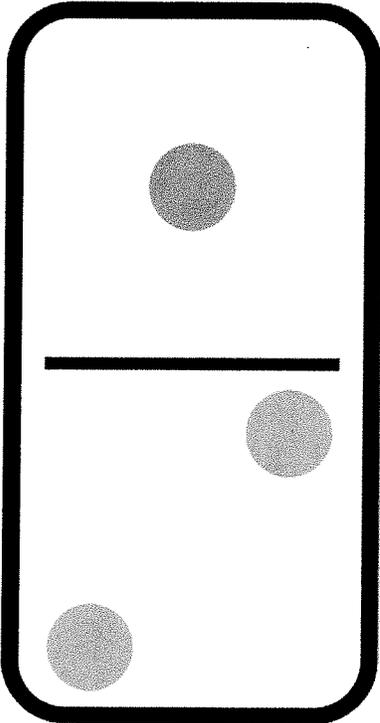
DOMINO FITNESS 2.0

Directions: Count the dots on each domino. Then go to the exercise sheet to find out which exercise to perform.



DOMINO FITNESS 2.0

Directions: Count the dots on each domino. Then go to the exercise sheet to find out which exercise to perform.



**E-LEARNING (NON-DIGITAL)
PE ACTIVITY #3**



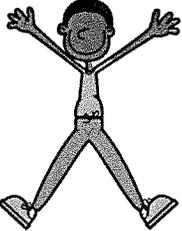
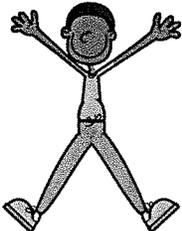
**PLEASE COMPLETE THE 3 PATTERN FITNESS 2.0
WORKSHEETS (12 EXERCISES TOTAL) ON OUR 3RD
E-LEARNING DAY WHEN YOU DO NOT HAVE YOUR DEVICE AT
HOME.**

**PLEASE WRITE IN THE MISSING EXERCISE IN THE PATTERN.
RETURN COMPLETED WORKOUT WITH YOUR NAME ON IT TO
MRS. HENNEN AT SCHOOL.**

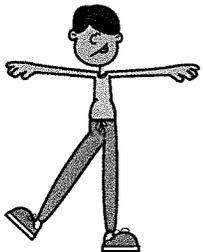
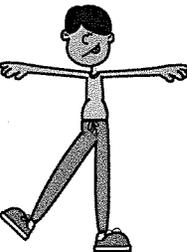
PATTERN FITNESS 2.0

DIRECTIONS: COMPLETE THE PATTERN BY PERFORMING ONLY THE EXERCISES THAT ARE MISSING AND MARKED WITH A "?".

| | | | | | |
|--|---|--|--|--|---|
|  <p>20 SQUATS</p> |  <p>30 SECOND STRADDLE STRETCH</p> |  <p>20 SQUATS</p> |  |  <p>20 SQUATS</p> |  <p>30 SECOND STRADDLE STRETCH</p> |
|--|---|--|--|--|---|

| | | | | | |
|--|--|--|--|--|---|
|  <p>30 JUMPING JACKS</p> |  |  <p>30 JUMPING JACKS</p> |  <p>20 MOUNTAIN CLIMBERS</p> |  <p>30 JUMPING JACKS</p> |  <p>20 MOUNTAIN CLIMBERS</p> |
|--|--|--|--|--|---|

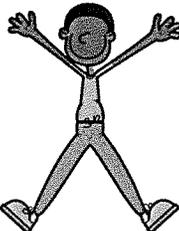
| | | | | | |
|--|---|--|--|--|---|
|  <p>20 JUMPS IN THE AIR</p> |  <p>20 SECOND STRAIGHT LEG STRETCH</p> |  <p>20 JUMPS IN THE AIR</p> |  |  <p>20 JUMPS IN THE AIR</p> |  <p>20 SECOND STRAIGHT LEG STRETCH</p> |
|--|---|--|--|--|---|

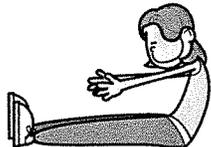
| | | | | | |
|--|---|--|--|--|---|
|  <p>30 SECOND BUTTERFLY STRETCH</p> |  <p>BALANCE ON ONE FOOT FOR 30 SECONDS</p> |  <p>30 SECOND BUTTERFLY STRETCH</p> |  <p>BALANCE ON ONE FOOT FOR 30 SECONDS</p> |  <p>30 SECOND BUTTERFLY STRETCH</p> |  |
|--|---|--|--|--|---|

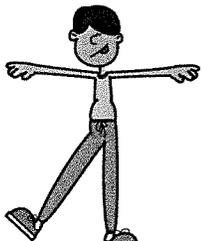
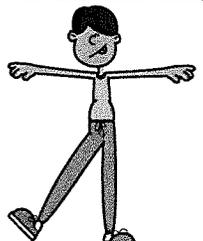
PATTERN FITNESS 2.0

DIRECTIONS: COMPLETE THE PATTERN BY PERFORMING ONLY THE EXERCISES THAT ARE MISSING AND MARKED WITH A "?".

| | | | | | |
|---|---|--|--|--|---|
|  |  <p>30 SECOND STRADDLE STRETCH</p> |  <p>20 SQUATS</p> |  <p>30 SECOND STRADDLE STRETCH</p> |  <p>20 SQUATS</p> |  <p>30 SECOND STRADDLE STRETCH</p> |
|---|---|--|--|--|---|

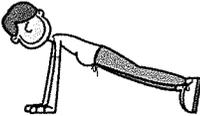
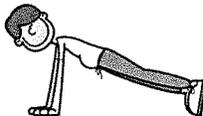
| | | | | | |
|--|--|--|---|--|--|
|  <p>30 JUMPING JACKS</p> |  <p>20 MOUNTAIN CLIMBERS</p> |  <p>30 JUMPING JACKS</p> |  <p>20 MOUNTAIN CLIMBERS</p> |  |  <p>20 MOUNTAIN CLIMBERS</p> |
|--|--|--|---|--|--|

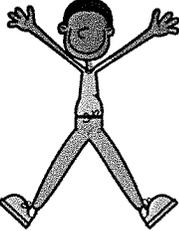
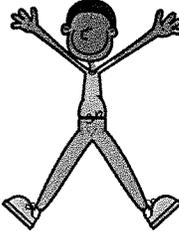
| | | | | | |
|--|---|--|--|--|---|
|  <p>20 JUMPS IN THE AIR</p> |  |  <p>20 JUMPS IN THE AIR</p> |  <p>20 SECOND STRAIGHT LEG STRETCH</p> |  <p>20 JUMPS IN THE AIR</p> |  <p>20 SECOND STRAIGHT LEG STRETCH</p> |
|--|---|--|--|--|---|

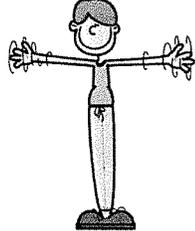
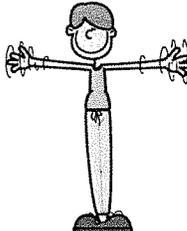
| | | | | | |
|--|---|--|---|--|---|
|  <p>30 SECOND BUTTERFLY STRETCH</p> |  <p>BALANCE ON ONE FOOT FOR 30 SECONDS</p> |  <p>30 SECOND BUTTERFLY STRETCH</p> |  |  <p>30 SECOND BUTTERFLY STRETCH</p> |  <p>BALANCE ON ONE FOOT FOR 30 SECONDS</p> |
|--|---|--|---|--|---|

PATTERN FITNESS 2.0

DIRECTIONS: COMPLETE THE PATTERN BY PERFORMING ONLY THE EXERCISES THAT ARE MISSING AND MARKED WITH A "?".

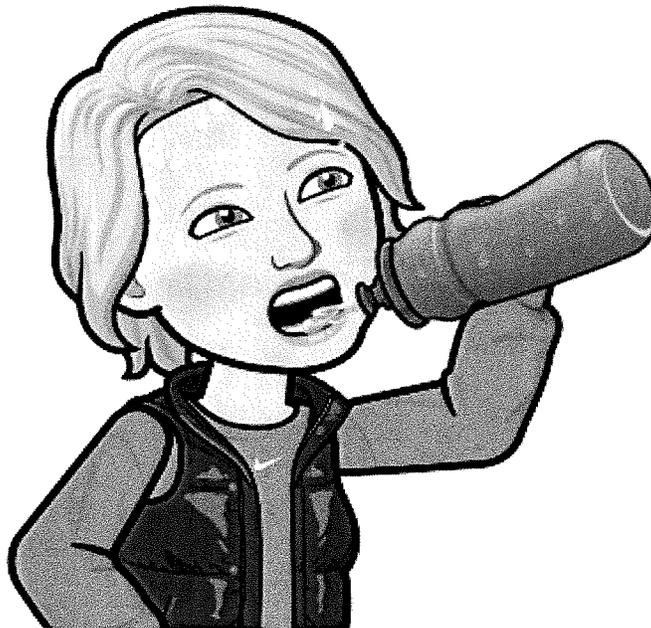
| | | | | | |
|--|--|---|---|---|---|
|  <p>12 PUSH-UPS</p> |  <p>CRAB WALK ONCE AROUND THE GYM</p> |  <p>20 MOUNTAIN CLIMBERS</p> |  <p>12 PUSH-UPS</p> |  |  <p>20 MOUNTAIN CLIMBERS</p> |
|--|--|---|---|---|---|

| | | | | | |
|---|--|--|--|--|--|
|  <p>20 JUMPS IN THE AIR</p> |  <p>20 JUMPING JACKS</p> |  <p>HOP ON ONE FOOT 20 TIMES EACH FOOT</p> |  <p>20 JUMPS IN THE AIR</p> |  <p>20 JUMPING JACKS</p> |  |
|---|--|--|--|--|--|

| | | | | | |
|---|--|--|--|--|--|
|  <p>30 SECOND WALL SIT</p> |  <p>30 SECOND ARM CIRCLES</p> |  <p>20 SECOND THIGH STRETCH BOTH LEGS</p> |  |  <p>30 SECOND ARM CIRCLES</p> |  <p>20 SECOND THIGH STRETCH BOTH LEGS</p> |
|---|--|--|--|--|--|

| | | | | | |
|--|---|---|---|--|---|
|  <p>CRAB WALK ONCE AROUND THE GYM</p> |  |  <p>HOP ON ONE FOOT 20 TIMES EACH FOOT</p> |  <p>CRAB WALK ONCE AROUND THE GYM</p> |  <p>JOG 3 LAPS AROUND THE GYM</p> |  <p>HOP ON ONE FOOT 20 TIMES EACH FOOT</p> |
|--|---|---|---|--|---|

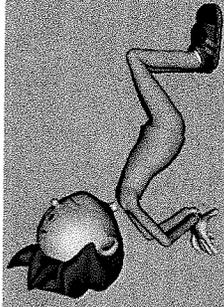
**E-LEARNING (NON-DIGITAL)
PE ACTIVITY #4**



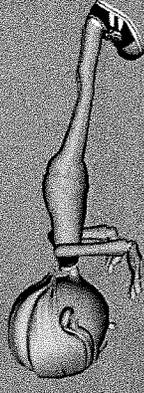
**PLEASE COMPLETE BOTH FITNESS BINGO HANDOUTS ON
OUR 4TH E-LEARNING DAY WHEN YOU DO NOT HAVE YOUR
DEVICE AT HOME.**

**PLEASE MARK THE MOVES YOU COMPLETE TO GET A
BINGO.**

**RETURN COMPLETED WORKOUT WITH YOUR NAME ON IT TO
MRS. HENNEN AT SCHOOL.**



FITNESS BINGO



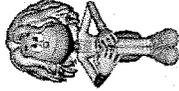
15 Skier Jumps



15 Crab Push-Ups



5 Tuck Jumps



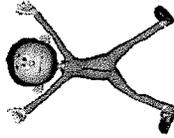
12 Neck Rotations



10 Toe Touches



8 Star Jumps



8 Push-Ups



Run in Place- 10



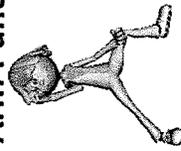
12 Scissor Steps



15 Tramp Bounces



15 Arm Punches



March in Place- 10



15 Mountain Climbers



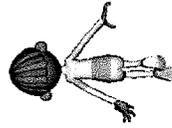
Wall Sit- 15



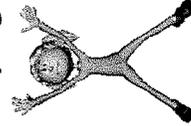
Butterfly Stretches- 15



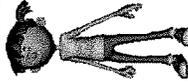
10 Half Turn Jumps



10 Jumping Jacks



20 Shoulder Shrugs



Skip in a Circle 5 Times



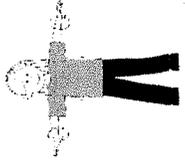
10 Curl Ups



8 Lunges



20 Arm Rotations



Dance in Place- 10

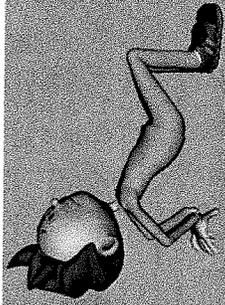


10 Quad Stretches



7 Burpees





FITNESS BINGO



15 Crab Push-Ups



Run in Place- 10



7 Burpees



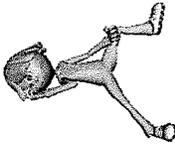
15 Jump Rope Motions



10 Half Turn Jumps



15 Arm Punches



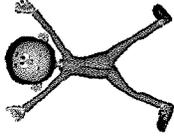
10 Straddle Stretches



Wall Sit- 15



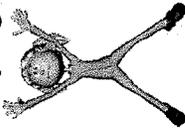
8 Star Jumps



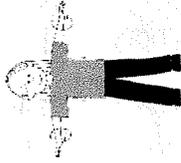
8 Push-Ups



10 Jumping Jacks



20 Arm Rotations



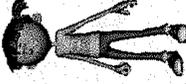
15 Tramp Bounces



10 Toe Touches



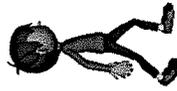
20 Shoulder Shrugs



Plank Hold- 15



12 Scissor Steps



8 Lunges



Dance in Place- 10



March in Place- 10



10 Curl Ups



7 Squat Jumps



Jog in a Circle- 5 times



Butterfly Stretches- 15

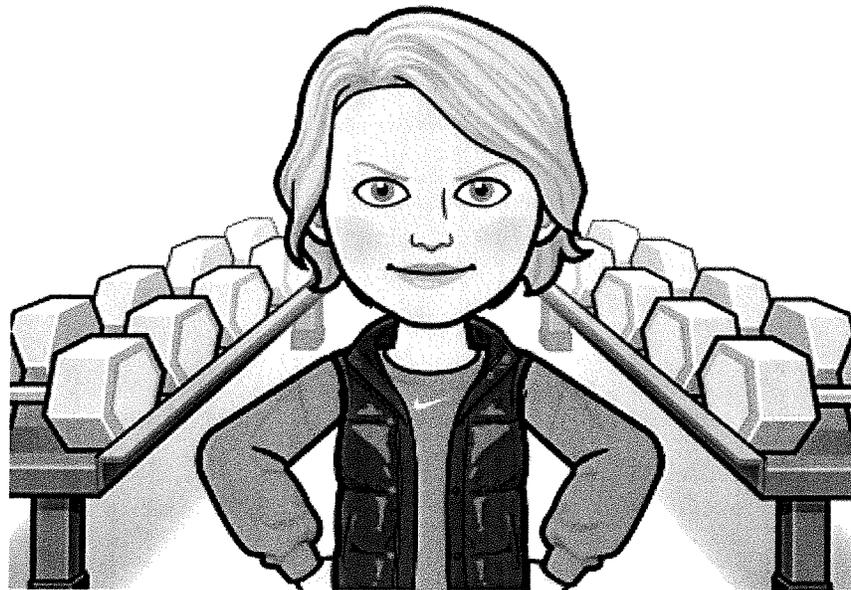


15 Mountain Climbers



**E-LEARNING (NON-DIGITAL)
PE ACTIVITY #5**

GYM:TIME



**PLEASE COMPLETE MRS HENNEN'S PE BINGO HANDOUT ON
OUR 5TH E-LEARNING DAY WHEN YOU DO NOT HAVE YOUR
DEVICE AT HOME.**

**PLEASE MARK THE BOXES WITH EXERCISES YOU COMPLETE
TO GET A BINGO.**

**RETURN COMPLETED WORKOUT WITH YOUR NAME ON IT
TO MRS. HENNEN AT SCHOOL.**

Mrs Hennen's PE

B

I

N

G

O

| | | | | |
|--|---------------------------------------|--|----------------------------|-----------------------|
| MAKE A SNOWFORT OR CASTLE | 20 LUNGES | 20 FLAMINGOS ON EACH LEG | HIGH KNEES FOR 30 SECONDS | 30 SIT UPS |
| 20 TOE TOUCHES | 10 STAR JUMPS | SHOOT A BASKETBALL FOR 20 MINUTES | 20 FORWARD AND BACK JUMP | 15 SQUATS |
| 20 SIDE TO SIDE JUMPS | PLAY WITH A VOLLEYBALL FOR 20 MINUTES |  FREE SPACE! | 10 TUCK JUMPS | WALL SIT FOR 1 MINUTE |
| MAKE A SNOWMAN OR SNOW ANGEL | 60 SECOND PLANK | RUN IN PLACE FOR 1 MINUTE | SHOVEL SNOW FOR 10 MINUTES | 30 JUMPING JACKS |
|  10 BURPEES | HOP ON 1 FOOT 15 TIMES EACH | 30 BUTT KICKERS | 20 PUSH-UPS | 20 MOUNTAIN CLIMBERS |

PARENTS!! PLEASE KEEP THIS AND USE ON THE NEXT E-LEARNING DAY

Complete 5 activities in the same line to get a BINGO

Questions? Email me: emily.hennen@minneotaschools.org