

PE Class K-5 Week #6

If you and your family have found ways to get some exercise that everyone enjoys, do that. This is a time to have fun and do something different. Fitness should be fun for kids. We are encouraging lifelong fitness and fun should be the number one goal!

Keep being active.

Grade K-5	<p>ALPHABET FITNESS! As always, if some of these moves are too challenging or too easy, adjust by 5 or 10. For example, if the workout asks for 5 seconds and it is too easy, add an extra 5 or 10 seconds to that workout.</p> <p>PARENTS: get in on the fun as well ! Also, if one does not know the move, feel free to add some of your own or learn something new with your family!</p> <p><u>Beginger:</u> First name only</p> <p><u>Intermediate:</u> First and last name</p> <p><u>Expert:</u> First, middle name, and last name!!</p> <p><u>AMAZING MEMORIAL STUDENTS:</u> First, middle and last name, twice!!!</p>
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A: 10 Jumping jacks	G: 5 Squats	M: 3 squat jumps	Q: 10 toe touches (straight legs if possible)	V: 5 jump knee tucks
B: 5 push ups	H: 5 Front Lunges	N: 20 second jump rope, or 10 second hop on one foot then switch	R: 10 skater jumps	W: 10 second side planks – each side
C: 2 burpees	I: 5 side lunges	O: 10 ‘Russian twist’ or 10 bicycle crunchies	S: 20 second jog in place	X: REST for 5 seconds
D: 20 High knee run in place	J: 15 second wall sit	P: 5 reverse lunges	T: 20 butt kick run in place\	Y: 10 flat leg raises
E: 5 crunches	K: 10 calf raises		U: 5 inch worms	Z: REST for 10 second
F: 10 Mountain Climbers	L: 15 second plank			