**PHYSICAL EDUCATION REMOTE LEARNING ASSIGNMENT**

**3rd Grades through 8th Grades**

Attached is a Physical Education Log. Every day you exercise, record the date, the type of exercise or activity, and how many minutes from start to finish. You may pick from the exercises listed below, do any exercise you know of that is not listed, or an extended chore around the house. Examples would be vacuuming (30 min. burns around 99 calories), washing dishes (30 min. burns around 64 calories), mowing the lawn (30 min. burns around 135 calories). Keep track each week starting Tuesday, April 14. You may drop off in paper form to the school’s foyer or email to [rwesterdahl@bgs66.org](mailto:rwesterdahl@bgs66.org). Each week filled out gets 5 points towards your grade.

**Stretches Exercises**

Standing Toe Touches (3 sets of 10) Jumping Jacks

Hurdler Stretch (10 each leg) Sit ups

Seal Stretch (3 sets of 10) Push ups

Quad Stretch (10 each leg) Burpees

Heel Stretch (10 each leg) High Knees

Shoulder Stretch (10 each arm) Push up Hang

Sitting Toe Touches (3 sets of 10) Knee Bends

Side Stretches (3 sets of 10) Lunges

**Kindergarten-2nd Grade**

Work on doing exercises or the motor movements listed below and have a parent, adult, older brother or sister help fill out the Physical Education Activity Log. Turn in weekly or email rwesterdahl@bgs66.org.

Motor Movements

Running-Laps around the house or in a straight line on the lawn or sidewalk.

Jumping-Using two feet to jump and land at the same time.

Hopping-Use one foot to jump and land-go as long as you can without using two feet.

Galloping-Heel to toe motion-like a horse.

Skipping-Step, Hop, Step, Hop sequence

Exercises

Jumping Jacks-15 3 times

Toe Touches- 3 sets of 10

Sit-ups-3 sets of 10

Push-up-3 sets of 5

Knee Bends-3 sets of 15

High Knees-30 3 times