

PE IDEAS.....

LIMIT SCREEN TIME to 2 hours or LESS!

GO OUTSIDE AND PLAY!!!

Other Ideas.....

Would You Rather Fitness

<https://www.youtube.com/watch?v=jAuhWjMRCpg>

<https://www.youtube.com/watch?v=jAuhWjMRCpg>

Sid Shuffle Tutorial

<https://www.youtube.com/watch?v=YSIJRHFpuQw>

MORE IDEAS ON THE PAGES BELOW.....

Keep scrolling...

HAVE FUN!!

Mission Possible - Task Sheet

| Complete | Missions |
|----------|--|
| | Do 8 sit-ups in each corner of the room. |
| | Skip one lap around the room. |
| | Do 12 jumping jacks. |
| | Touch all 4 walls of the room. |
| | Hop on one foot from one end of the room to the other. |
| | Do 15 pretend basketball shots. Nothing but net! |
| | Crab walk and touch 3 chairs |
| | Jog on the spot and sing "Row, Row, Row Your Boat". |
| | Pretend to jump rope for 1 minute. |
| | Do a wall push-up on each wall in the room. |
| | Do any dance move for 30 seconds. |
| | Complete 20 bunny hops. |
| | Grapevine or shuffle across the room and back 2 times. |

Complete these tasks alone or do missions together as a team.

For each card, do the exercises that goes along with the suite as many times as the number on the card. Try 5 min. Take a water break and repeat for 5 min.

Deck of Cards

ACE = 14

KING = 13

QUEEN = 12

JACK= 11



HEART = CARDIO



Mountain Climbers-



CLUBS = LEGS



Rocket Jumps-



SPADES = LEGS

Jumping Jacks



DIAMONDS = ARMS



Shoulder Touches-

Spell names and spelling words using the exercises below.

A 8 Squats

B 10 Sit-ups

C 5 Push-ups

D 15 Wall Push-ups

E 15 Seconds Wall Sit

F 4 Burpees

G 10 Seconds Superman

H 15 Seconds Dead Bugs

I 10 Squats

J 20 Shoulder Taps

K 15 Seconds Plank

L 8 Sit-Ups

M 5 Lunges

N 30 Seconds Wall Sit

O 30 Seconds Plank

P 20 Heel Kicks

Q 10 Arm Circles

R 5 Lunges

S 10 Jumping jacks

T 10 Speed Skates

U 10 Shoulder Taps

V 5 Burpees

W 5 Side Lunges

X 10 secs Butterfly Stretch

Y 5 Squats

Z 15 Seconds Plank

Name Fitness

Jumping Jacks:



A, J, Q, Z

CRUNCHES



B, I, Q, R

RUSSIAN TWIST



C, K, S

WALL SIT



D, L, T, X

RUNNING IN PLACE



E, M, U

HIGH KNEES



F, N, V

BURPEES



G, O, W

SHOULDER TOUCHES



H, P, Y

HAPPY SPELLING!

