

Name:

Date:

Home Room:

Physical Education Blizzard Bag #2 Mr. Elliott---Grades4- 5-6

Complete each of the following activities.

Knowledge Activity: List your top 5 reasons to exercise.

**\*\*Use the back of this paper\*\*** Performance Activity:

\*Complete stretching activities for your arms (Rotate arms forward and backward), and legs (V stretch)

\*Complete 10 Push-ups, 10 sit ups, and 10 Jumping Jacks

\*Complete one of the following: (Circle the one you chose)

\*Walk/jog for 6 minutes

\*Ride a Stationary Bike for 6 minutes

\*Walk up/down stair steps for 4 minutes straight

\*In two sentences, explain the activity you participated in.