P.E. away from school. May 26th to June 4th

2nd grade through 5th grade.

 To parents and students: I would like to thank all of you that have been turning in your work. Students grades and attendance will come from the paperwork (log sheets) that you turn in. Some of you have been emailing me student work and that works great. I will accept late work, so try and get me all your work. Remember to write down: 1. Dates (2x’s a week) 2. Amount of time. 3. Activities that you did.

1. Do P.E. exercises: 1. Jumping hands over your head. 2. Big arm circles. 3. Front scissors. 4. Elbows to knees. 5. Hopping on one foot. (both sides) 6. Mountain climbers. 7. Push ups 8. Sitting leg lifts. 9. Back bends (optional)

 B. Watch a sporting event on T.V. (probably reruns) Pick a sport that

 you like. List 5 terms or rules associated with that sport. If you have already done one, pick another sport.

 C. Options for activities are: Jumping rope, riding a bike, throwing a frisbee, kicking a soccer ball around, jogging, bean bag horseshoes, riding a horse,golfing, using exercise equipment, long walks, hiking, plus other activities that you might do.

 D. Other activities: Youtube exercise beginner videos.

1. Exercise for beginners
2. Exercise for kids
3. 10 minute exercise video
4. Home 15 minute cardio
5. 15 minute beginner
6. Bowflex - 6 minute standing ab workout

Thank you, have fun, be safe and get plenty of exercise!

Mr. Perez (aperez@lonerockschool.org)