

## Mr. Fuller's Elementary P.E. Class

GGs Elementary (k-6)

- While at home, I advise all my students to make it their **#1 GOAL** to play a minimum of **60 minutes a day!**
- Listed below are some sample activities to get you started, along with an activity log one could use to keep track of their progress.
- Here's an idea! Get your family involved with you. Ask mom, dad, brother(s), sister(s), aunts, uncles, grandparents etc. to get involved with you. It makes for a great activity to do together as a family and a great way to spend some quality time together! 😊

- **If you DARE!!** - accept the **MARCH MADNESS PHYSICAL CHALLENGE** start on day one and follow the daily routine.

**\*\*** any student can accept the challenge. However, I strongly advise that my **(3-6) graders** give it a shot! 😊

I hope to see you all back at school soon! In the meantime, try to remember why we go to GYM class everyday,

**G.Y.M.** - ( **Get.Y**ourself.**M**oving.)

If there any questions or concerns feel free to contact me via e-mail.

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Thank you,

John D. Fuller

G.G.S. Physical Education Teacher



## Sample Activities



Goal: 60 Minutes Daily!

There are a LOT of ways to get 60 minutes of activity per day! Check out this list of possibilities

- playing chase
- freeze tag
- playing catch
- climbing trees
- jumping rope
- riding a bike
- skateboarding
- playing basketball
- dribbling
- dancing
- swimming
- sledding
- walking the dog
- playing hopscotch
- running
- skating
- kicking a ball
- soccer
- flying a kite
- doing cartwheels
- riding your scooter
- jumping on the trampoline
- cleaning your room

You don't have to do just one activity for 60 minutes! You can do many activities for shorter periods of time and add them together. *If all adds up!* Try to get at least 60 minutes of some activity each day for good health.



# Physical Activity Log



Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Wednesday 3-28-18	Soccer 5 min	Walking 30 min	Climbing trees 5 min	60 min
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal: **60** Minutes Daily!

Name: \_\_\_\_\_

Week of: \_\_\_\_\_



# MARCH MADNESS CHALLENGE

1 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	2 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	3 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	4 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	5 REST	6 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	7 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank
8 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	9 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	10 REST	11 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	12 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	13 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	14 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank
15 REST	16 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	17 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	18 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	19 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	20 REST	21 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank
22 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	23 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	24 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	25 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	26 REST	27 9 Burpees 20 Push-Ups 20 Squats 30 Sec Plank	28 9 Burpees 20 Push-Ups 20 Squats 30 Sec Plank
29 10 Burpees 20 Push-Ups 20 Squats 30 Sec Plank	30 11 Burpees 21 Push-Ups 21 Squats 30 Sec Plank	31 12 Burpees 22 Push-Ups 22 Squats 30 Sec Plank	FOR WORKOUTS AND RECIPES VISIT <a href="http://WWW.HEANDSHEEATCLEAN.COM">WWW.HEANDSHEEATCLEAN.COM</a>			