

Physical Education – Galatia JH/HS
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◀ Feb 2020		March 2020					Apr 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16 20 Push-Ups 20 Jumping Jacks 20 Squats	17 Walk for 30 minutes	18 10 Burpees 30 Mountain Climbers 20 Sit-Ups	19 Walk for 30 minutes	20 20 Jump Squats 20 Push-Ups 20 Lunges (each leg)	21	
22	23 Plank to failure (2x's) 20 Hand-release Pushup 20 Squats	24 Walk for 30 minutes	25 10 Burpees 20 Jumping Jacks 10 Sit-ups	26 Walk for 30 minutes	27 20 Squats 20 Push-Ups 20 Lunges (each leg)	28	
29	30	31					

This is recommended daily activity for your time off of school. If you have questions, feel free to email me anytime. These are suggestions. The point is to get you up and moving for a few minutes a day. Feel free to adjust the reps if it is too easy or too hard! Like I always say...work hard and you'll get better!