

Example of Completed PE Weekly Activity Calendar

Each day students will be asked to actively engage in one exercise or activity. Students will begin with the daily warmup choosing 5 of the 10 exercises to perform. After students will pick 1 of the 10 daily activities listed below to and write that in next to (day of the week) activity completed. Students can choose an activity that is not on the list, parents must then sign off that the activity was done. Students should be active at least 30-60 minutes per day!

Monday Activity Completed: _____ Activity 2 TG (this is example of parent initials) _____

Daily Warmup (choose 5) 10 push ups, 20 mountain climbers, 8 burpees, 25 sit ups/crunches, 25 bicycles, 30 jumping jacks, 10 squats, 10 lunges, 10 jump squats, 45 second plank

Tuesday Activity Completed: _____ Activity 12 TG _____

Daily Warmup (choose 5) 10 push ups, 20 mountain climbers, 8 burpees, 25 sit ups/crunches, 25 bicycles, 30 jumping jacks, 10 squats, 10 lunges, 10 jump squats, 45 second plank

Wednesday Activity Completed: _____ Activity 4 TG _____

Daily Warmup (choose 5) 10 push ups, 20 mountain climbers, 8 burpees, 25 sit ups/crunches, 25 bicycles, 30 jumping jacks, 10 squats, 10 lunges, 10 jump squats, 45 second plank

Thursday Activity Completed: _____ Went on a walk outdoors 20 minutes TG _____

Daily Warmup (choose 5) 10 push ups, 20 mountain climbers, 8 burpees, 25 sit ups/crunches, 25 bicycles, 30 jumping jacks, 10 squats, 10 lunges, 10 jump squats, 45 second plank

Friday Activity Completed: _____ Went on 30 minute bike ride _____

Daily Warmup (choose 5) 10 push ups, 20 mountain climbers, 8 burpees, 25 sit ups/crunches, 25 bicycles, 30 jumping jacks, 10 squats, 10 lunges, 10 jump squats, 45 second plank

Comments:

(here please just any comments, feedback, or pleasure you had with this would be greatly appreciated!)

Activity List Options

Activity 1: <https://www.youtube.com/watch?v=JWy2-Dz7vJo>

Activity 2: <https://www.youtube.com/watch?v=W5dkeP3GxtU>

Activity 3: https://www.youtube.com/watch?v=8DZktowZo_k

Activity 4: <https://www.youtube.com/watch?v=H0c-4nZjIWQ>

Activity 5: <https://www.youtube.com/watch?v=p2ggHwtb-Zg>

Activity 6: <https://www.youtube.com/watch?v=ClxNJbit9BA>

Activity 7: https://www.youtube.com/watch?v=aqqwZ_leAMA

Activity 8: <https://www.youtube.com/watch?v=lc1Ag9m7XQo>

Activity 9: <https://www.youtube.com/watch?v=kAXg3cM0UCw&t=162s>

Activity 10: <https://www.youtube.com/watch?v=W5dkeP3GxtU>

Activity 11: <https://www.youtube.com/watch?v=jyWyBern6q4>

Activity 12: https://www.youtube.com/watch?v=Lave8xHkf_M

You can pick any of these activities no more than 2 times in one week!

REMEMBER you can always choose your own activity for the day. Examples of physical activity that might not be on this list: shooting some hoops, yardwork, vacuuming your room, jumping on a trampoline, mowing the grass, kicking the soccer ball, going on a walk, riding your bike, etc. Be creative!