

# April 2020

## PHYSICAL EDUCATION REMOTE LEARNING

◀ Mar 2020		April 2020					May 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14 K-2: Plank holds for 30 seconds. Repeat at least 3 Times. ABC Pushups, Repeat 3 Times.	15 K-2: 50 Lunges, 50 Squats.	16 K-2: 25 Burpees, 50 Jumping Jacks, 40 Mountain Climbers.	17 K-2: Choose at least 2 of your favorite exercises and perform them!	18	
19	20 K-2: Choice Board Exercises  3-8: Complete Challenge, Exercise or Game on Shared on Google Drive	21 K-2: Choice Board Exercises  3-8: Complete Challenge, Exercise or Game on Shared on Google Drive	22 K-2: Choice Board Exercises  3-8: Complete Challenge, Exercise or Game on Shared on Google Drive	23 K-2: Choice Board Exercises  3-8: Complete Challenge, Exercise or Game on Shared on Google Drive	24 K-2: Choice Board Exercises  3-8: Complete Challenge, Exercise or Game on Shared on Google Drive	25	
26	27 K-2: Choice Board Exercises  3-8: Complete Challenge, Exercise or Game on Shared on Google Drive	28 K-2: Choice Board Exercises  3-8: Complete Challenge, Exercise or Game on Shared on Google Drive	29 K-2: Choice Board Exercises  3-8: Complete Challenge, Exercise or Game on Shared on Google Drive	30 K-2: Choice Board Exercises  3-8: Complete Challenge, Exercise or Game on Shared on Google Drive			