

PE Grades K-2 Blizzard Bag (Mr. Duling/Mr. Shook)

(Standard 4A Fitness Activities)

Flexibility

- 1) Sit and Reach
- 2) Standing trunk twists

Muscular Strength and Endurance

- 1) Sit ups (1 minute)
- 2) Push- ups (1 minute)

Cardio Workout

Walk around the house or up and down stairs for one minute

Activity

Go outside for a period of time to play if possible (if it is not too cold)

Student Signature: __

Parent Signature:

Grade/Homeroom Teacher:

Date:

PE Grades 3-6 Blizzard Bag (Mr. Duling/Mr. Shook)

(Standard 4A Fitness Activities)

Flexibility

- Sit and Reach
- Standing trunk twists

Muscular Strength and Endurance

- Sit ups (2 minutes)
- Push- ups (2 minutes)
- Jumping Jacks (25 jacks)

Cardio Workout

Walk around the house or up and down stairs for two minutes

Activity

Go outside for a period of time to play if possible (if it is not too cold)

Student Signature: __

Parent Signature:

Grade/Homeroom Teacher:

Date: