

## **PE Grades K-2 Blizzard Bag (Mr. Madsen/Mr. Shook) - Standard 4A Fitness Activities**

Flexibility - 1) sit and reach

2) standing trunk twists

3) bear hugs

Muscular Strength/Endurance - 1) sit ups (**one** minute)

2) push-ups (**one** minute)

Cardio Workout - walk around the house or up and down steps (**one** minute).

Activity - get outside for a period of time to play if possible (if it's not too cold).

Student \_\_\_\_\_ Parent \_\_\_\_\_ Date \_\_\_\_\_

## **PE Grades 3-6 Blizzard Bag (Mr. Madsen/Mr. Shook) - Standard 4A Fitness Activities**

Flexibility - 1) sit and reach

2) standing trunk twists

3) bear hugs

Muscular Strength/Endurance - 1) sit ups (**two** minutes)

2) push-ups (**one** minute)

3) crab walk (**one** minute)

Cardio Workout - walk around the house or up and down steps (**two** minutes).

Activity - get outside to play/shovel/sled in the snow if possible (if it's not too cold), or get down to Kids America and workout.

Student \_\_\_\_\_ Parent \_\_\_\_\_ Date \_\_\_\_\_