

## At Home P.E. Keep-Fit Plan

**Keep-Fit Plan:** During our school closure students are encouraged to continue to be active. Below are the Warmup Exercises we have all been doing in our PE classes. In addition to the warmup exercises, students are encouraged to do 30-minutes of physical activity each day. Going for a walk, tossing a ball in the backyard, or playing interactive games (such as Dance Dance Revolution) are great ways to get moving and stay active. Be creative! Do something you enjoy! On a daily basis complete the Warmup Exercises, then participate in a 30-minute physical activity that increases your heart rate. Also, record your food intake by using the Meal Journal section. Remember, staying fit is all about having a healthy balance of food and physical activity. The Extra Activities section is for you to share with us anything else you are doing to stay fit and healthy.

See you all soon – P.E.

Coaches

**Student:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **Teacher:** \_\_\_\_\_

Date	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warmup Exercises</b>	<ul style="list-style-type: none"> <li>• Running in place 30 seconds</li> <li>• 25 Jumping Jacks</li> <li>• 10 pushups</li> <li>• 10 sit-ups</li> </ul>	<ul style="list-style-type: none"> <li>• Running in place 30 seconds</li> <li>• 25 Jumping Jacks</li> <li>• 10 pushups</li> <li>• 10 sit-ups</li> </ul>	<ul style="list-style-type: none"> <li>• Running in place 30 seconds</li> <li>• 25 Jumping Jacks</li> <li>• 10 pushups</li> <li>• 10 sit-ups</li> </ul>	<ul style="list-style-type: none"> <li>• Running in place 30 seconds</li> <li>• 25 Jumping Jacks</li> <li>• 10 pushups</li> <li>• 10 sit-ups</li> </ul>	<ul style="list-style-type: none"> <li>• Running in place 30 seconds</li> <li>• 25 Jumping Jacks</li> <li>• 10 pushups</li> <li>• 10 sit-ups</li> </ul>
<b>30-minute physical activity</b>					
<b>Meal Journal</b>					
Morning					
Lunch					
Dinner					
<b>Extra Activities</b>					
<b>Parent Initials when completed</b>					