

PHYSICAL EDUCATION

Snow days are the best days to bundle up and play outside in the snow!
Here are some ideas to help you enjoy your snow day...

2nd - 4th

1. Have your child select an outside physical activity from the list below
2. Help your child dress properly for an outside activity
3. Supervise your child while they are performing their selected activity.
(Better yet, join in the fun and play with them)!
4. Perform the activity for at least 30 minutes. Take a digital picture or video while doing the activity.

Activity Choices: Build a snowman, sled, make a snow fort, snowshoe, ski, shovel, ice skate or another activity in the snow

Option #2

You may complete a PE Burst/Tabata routine We have performed these exercises in class.

Complete 2 cycles of 12 exercises/stretchers for 30 seconds each with a 10 second rest in between.

1. Jumping Jacks
2. Push-ups
3. Curl-ups/Sit-ups
4. Squats
5. Plank
6. Cross Country Skiers
7. Superman
8. Run in Place
9. Butterfly Stretch

10. Down Dog
11. Seated Toe Reach
12. Rock Pose

Option #3

The 7 Minute Workout for Kids Application