

# 4th Grade PE Blizzard Bag Day #2

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

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 an exercise routine:

Complete 2 cycles of 12 exercises/stretchers for 30 seconds each with a 10 second rest in between. Below are some ideas or you can choose your own.

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