

April

2020

Elementary Physical Education activity calendar

COMPLETE THE ACTIVITIES OF THE DAY

- 1 TIME A DAY IS **GOOD** 2 TIMES A DAY IS **GREAT**
 3 TIMES A DAY IS **SUPER** 4 TIMES A DAY YOU ARE
 AN **ALL STAR**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Push-ups 			1 -20 jumping jacks -20 wall push-ups	2 -10 push-ups -15 bridges	3 -10 sit-ups -10 v-sits	4  Sit-ups
5  Jog	6 -1 minute jog in place -10 crab push ups	7 -10 minutes of stretching -30 sec. wall sit	8 -30 second plank -3 minutes stairs/steps	9 -20 second high knees -20 squats	10 -20 lunges -15 minutes of yoga	11  Lunges
12  Mountain Climbers	13 -10 mountain climbers -10 push-ups	14 -20 second leg lift -1 minute jog in place	15 -10 second small arm circles -10 sit-ups	16 -10 bicycle crunches -20 jumping jacks	17 -20 air jumps -10 minutes of stretching	18  wall sit
19  Squats	20 -20 kick backs -20 seconds of high knees	21 -20 squats -30 second plank	22 -15 minutes of yoga -10 v-ups	23 -3 minutes stairs/steps -20 lunges	24 -30 seconds wall sit -20 jumping jacks	25  Bridges
26  Plank	27 -10 crab push up -30 second planks	28 -15 curl ups -3 minutes stairs/steps	29 -10 v sits -10 mountain climbers	30 -15 bridges -20 seconds high knees		 Wall Push-Ups
 Arm Circles		HAVE FUN!		BE SAFE!		 High Knees

DO YOUR BEST AND KEEP ACTIVE!

NON-LOCOMOTOR MOVEMENT



STRETCH



CURL



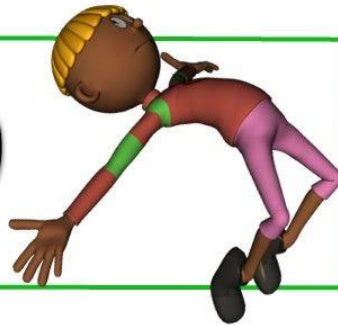
PULL



BALANCE



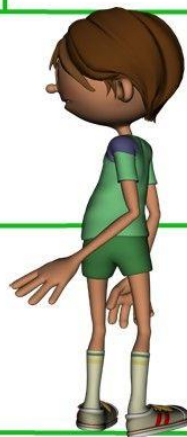
BEND



SWING



TURN

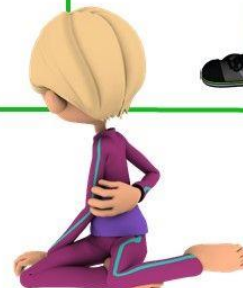


PUSH

SWAY



TWIST

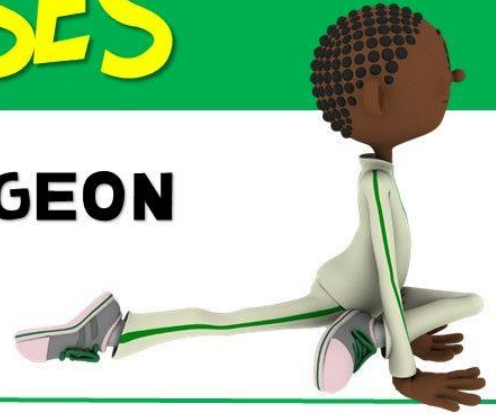


YOGA POSES

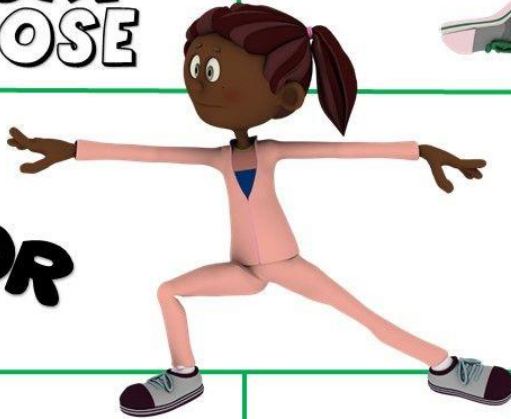


**BOAT
POSE**

PIGEON



WARRIOR



**Bound
Angle**

TREE



**UPWARD
DOG**



EASY POSE

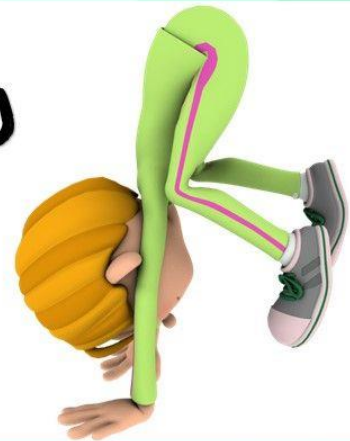


**CHILD'S
POSE**

**Bharadvaja's
Twist**



CROW



ACTIVITIES THAT CAN IMPROVE YOUR CARDIOVASCULAR ENDURANCE



WALKING



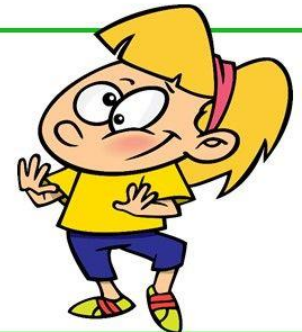
JOGGING



Hoop Twirling



DANCING



SCOOTER BOARDS



TAG GAMES

JUMPING ROPE



RUNNING



Additional websites for you to check out!

1. <https://www.actionforhealthykids.org/healthy-activities-to-do-at-home/>
2. <https://www.youtube.com/watch?v=d3LPrhlov-w&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq4og2-k&index=2&t=0s>
3. <https://www.youtube.com/watch?v=J498vqLbTdg&list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNUo&index=2&t=0s>