

At Home PE Lessons

March 23rd-27th

Make sure that you stay active for at least 30 Minutes each day. Along with the lesson provided, you can also access www.gonoodle.com for additional video activities.

Spell Out at least 5 Words a day.

Parent & Kiddo Workout

Spell Names, Holidays, etc!

- A 20 High Knees
- B 20 Cross Punches
- C 30 Bridges
- D 20 Skaters or Lateral Hops
- E Run Stairs 2 Times or 20 Bunny Hops
- F 20 Big Arm Circles to the Front, Back
- G 20 Skaters or Lateral Hops
- H Run stairs 2 Times or 20 Bunny Hops
- I 25 Jumping Jacks
- J 20 Cross Punches
- K 20 High Knees
- L 15 Push-ups
- M 10 Crunches
- N 20 Jumping Jacks
- O 10 Crunches
- P 10 Crunches
- Q 15 Push-ups
- R Run Stairs 2 Times or 20 Bunny Hops
- S 30 Bridges
- T 20 Big Arm Circles to the Front, Back
- U 20 Skaters or Lateral Hops
- V 20 High Knees
- W 20 Jumping Jacks
- X 10 Crunches
- Y 30 Bridges
- Z 15 Push-ups