

Physical
Education

All Grades

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**James F. Doughty School
Physical Education**

For the next two weeks, choose one of the fitness plans below, to complete each day. Work at your own fitness level! You can choose the same work out every day or mix it up! We also challenge you to create your own work out. It's important to stay active and exercise daily! Invite a family member to join you. The American Heart Association recommends that kids and teens (ages 6-17) get at least 60 minutes of moderate to vigorous activity every day. Lets Get moving! (No equipment is required for any of the work outs below)

Work Out #1	Work Out #2	Work Out #3
<p>30 Jumping Jacks 5 Push Ups 25 High knees 7 Burpees 10 Crunches 7 Squats 5 Push Ups 10 Crunches 5 Push Ups 7 Squats 30 Jumping Jacks 1 minute Wall sit 5 Push Ups 25 High Knees</p> <p>(Repeat 3-5 times)</p>	<p>10 Burpees 10 Jumping jacks 10 crunches 10 high knees 10 Squats 10 Push ups 10 Mountain Climbers 10 Jump Rope (pretend)</p> <p>(Repeat 5 times)</p>	<p>10 Push Ups 100 jumping jacks 30 sit ups 20 leg lifts 50 squats 30 lunges (each leg) 2 min RUN in place 1 min wall sit 1 min Plank</p> <p>(Repeat 3 times)</p>

Work Out #4	Work Out #5	Other Fitness Activities
<p>5 Burpees 10 Push Ups 15 Crunches 20 Squats 25 High Knees 30 Jumping Jacks</p> <p>(Repeat 3-5 times)</p>	<p>10 Jumping Jacks 10 High knees 10 Curl Ups 5 Pushups 10 Burpees 10 Mountain Climbers 10 Curl Ups 5 Push Ups</p> <p>(Repeat 3-5 times)</p>	<ul style="list-style-type: none"> • Go for a walk • Bike Ride • Shoot Hoops • Skate Board • Yard work • Go for a Jog/Run • Play pass with a ball

Workout Log

Document the physical education activities you accomplished each day including duration (length of time).

Monday 3/16
Tuesday 3/17
Wednesday 3/18
Thursday 3/19
Friday 3/20
Monday 3/23
Tuesday 3/24
Wednesday 3/25
Thursday 3/26
Friday 3/27