

# Physical Education Home Activity Packet

Every student should participate in 20 minutes of physical education/activity each school day.

Please pick from one of the 6 home fitness workouts below or use a fitness based on-line resource like: [gonoodle.com](http://gonoodle.com) Have a parent or guardian initial the daily calendar log when your exercise is complete. Stay active and enjoy!

Date: <b>20 minute activity complete!</b> _____	Date: <b>20 minute activity complete!</b> _____	Date: <b>20 minute activity complete!</b> _____	Date: <b>20 minute activity complete!</b> _____	Date: <b>20 minute activity complete!</b> _____
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# FITNESS BUNCO

	<b>10 Star Jumps</b>
	<b>10 Burpees</b>
	<b>10 Squat Jumps</b>
	<b>10 Push-Ups</b>
	<b>10 Jumping Jacks</b>
	<b>10 Sit-Ups</b>

Directions: Roll 2 dice. If doubles "BUNCO" are rolled perform the exercise that matches that roll. Keep rolling or taking turns until doubles occur.

# FITNESS CIRCUIT

1. Lunge
2. Jumping Jacks
3. Push-Ups
4. Sit-Ups
5. L-Sit Stretch
6. Squats

Directions: Perform exercise #1 for 30 seconds and then jog in place for 30 seconds. Take a 30 second break and repeat to the next exercise. Perform each exercise twice.



## Roll the Dice & Exercise a Slice!






Form small groups. Give each group 2 dice and have players take turns rolling, adding both dice and performing the exercise that matches their roll. Pass the dice and repeat for more fitness fun!

**9 Roll Again**

**5 Roll Again**

**11 Roll Again**

# 52 CARD FITNESS

<b>ACE</b>	<b>A</b>	<b>Jog 10 sec.</b>
<b>KING</b>	<b>K</b>	<b>Slide 10 sec.</b>
<b>QUEEN</b>	<b>Q</b>	<b>Skip 10 sec.</b>
<b>JACK</b>	<b>J</b>	<b>Gallop 10 sec.</b>
<b>DIAMOND</b>		<b>Skier Jump (# on card)</b>
<b>HEART</b>		<b>Squats (# on card)</b>
<b>CLUB</b>		<b>Sit-Ups (# on card)</b>
<b>SPADE</b>		<b>Lunges (# on card)</b>
<b>JOKER</b>		<b>Jump Rope 10 sec.</b>

Directions: Go through a deck of cards and perform the exercise that matches each card. Take turns with family or friends.