

## HUSD

STUDENT NAME:

jog in place 30 sec 5x 4 touch and jumps 20 ski jumps 10 jumps 20 ski jumps 20 jumping jacks dance 20 jumping jacke 20 jumping	ACTIVE HOME PHYSI	CAL EDUCATION	AL EDUCATION		CLASSROOM#		
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16 mountain climbers	4 touch and jumps						
20 jumping jacks dance         Image: Company of the pack	20 ski jumps						
dance         Image: control of the control of th	16 mountain climbers						
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arms hamstrings quadriceps calves lower back yoga poses lower back long walk ride bike/skates/skateboard/scooter play tag basketball football soccer other:							
Amastrings	TRETCH *15 sec each			•			
quadriceps	arms						1
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	How does physical activity make w	you feel? How do	es vour body	react?			
How does physical activity make you feel? How does your body react?			-		healthy?		
How does physical activity make you feel? How does your body react?  What does it mean to be healthy? What does it look like? What do you do, to be healthy?	Prawing Project: Optional (1-3rd gr	ades) On a sepe	rate piece of a	paper draw the	folliwng:		
	Draw a picture of your favorite phy	sical activity.					
What does it mean to be healthy? What does it look like? What do you do, to be healthy?	Draw a picture of how you share in	1 PE.					
What does it mean to be healthy? What does it look like? What do you do, to be healthy?  Prawing Project: Optional (1-3rd grades) On a seperate piece of a paper draw the following:	Draw a picture of a healthy lunch p						