



HUSD

STUDENT NAME:

ACTIVE HOME PHYSICAL EDUCATION

CLASSROOM #

Parent Initial
completion by
student

Monday Tuesday Wednesday Thursday Friday

WARMUP

put "x" for each completed

jog in place 30 sec 5x						
4 touch and jumps						
20 ski jumps						
16 mountain climbers						
20 jumping jacks						
dance						

STRETCH *15 sec each

arms						
hamstrings						
quadriceps						
calves						
lower back						
yoga poses						

ACTIVITY *pick any or make your own

long walk						
ride bike/skates/skateboard/scooter						
play tag						
basketball						
football						
soccer						
other:						

STRENGTH BUILDING

curl ups x 20						
push ups x 10						
plank 30 seconds x2						
burpees x 8						
leg lifts 30 seconds x2						

Online Resources:

*Keep a tally in the box below how many times you completed each online activity.

Spider Yoga	https://www.youtube.com/watch?v=fnO-IGEMOXk	
Kidz Bop Exercise Dance	https://www.youtube.com/watch?v=W59jPBFMOyl	
Zumba Dance Monkey	https://www.youtube.com/watch?v=wpz36D0WaDg	
Kidz Bop Cha Cha Slide	https://www.youtube.com/watch?v=QfzRP6V5rE4	
Full Body Workout	https://www.youtube.com/watch?v=dhCM0C6GnrY	

Writing Project: Optional (4-6th grades) On a separate piece of paper...answer the following questions.

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?

Drawing Project: Optional (1-3rd grades) On a separate piece of a paper draw the following:

Draw a picture of your favorite physical activity.

Draw a picture of how you share in PE.

Draw a picture of a healthy lunch plate.