

Oak Grove Elementary School 2020
Physical Education, Mrs. Turpin-Orgetas

Name: _____ Room _____

Directions: Circle the activities that you complete. Please sign the bottom of the calendar when you are finished. Complete 5 activities per week

March/April

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>15</u> <u>REST</u>	<u>16</u> * Have a catch with someone	<u>17</u> 10 Sit-ups 10 Leg raises 10 Mountain climbers 10 second plank	<u>18</u> -20 shoulder push-ups -10 Burpees -25 Jumping Jacks	<u>19</u> 10 Sit-ups 10 Leg raises 10 Mountain climbers 10 second plank	<u>20</u> Jump Rope or ride a bike	<u>21</u> * Go For a walk, run or hike
<u>22</u> <u>REST</u>	<u>23</u> *Kick a Soccer Ball with someone	<u>24</u> 15 Sit-ups 15 Leg raises 15 Mountain climbers 15 second plank	<u>25</u> -30 shoulder push-ups -15 Burpees -30 Jumping Jacks	<u>26</u> 15 Sit-ups 15 Leg raises 15 Mountain climbers 15 second plank	<u>27</u> Jump Rope or ride a bike	<u>28</u> * Go for a walk, run or hike
<u>29</u> <u>REST</u>	<u>30</u> *Play Balloon Volleyball with someone	<u>31</u> 20 Sit-ups 20 Leg raises 20 Mountain climbers 20 second plank	<u>1</u> -5 push-ups -15 Burpees -30 Jumping Jacks	<u>2</u> 20 Sit-ups 20 Leg raises 20 Mountain climbers 20 second plank	<u>3</u> Jump Rope or ride a bike	<u>4</u> * Go for a walk, run or hike
<u>5</u> <u>REST</u>	<u>6</u> * Have a catch with someone	<u>7</u> 25 Sit-ups 25 Leg raises 25 Mountain climbers 25 second	<u>8</u> -10 push-ups -15 Burpees -30 Jumping Jacks	<u>9</u> 25 Sit-ups 25 Leg raises 25 Mountain climbers 25 second plank	<u>10</u> Jump Rope or ride a bike	<u>11</u> * Go for a walk, run or hike
<u>12</u> <u>REST</u>	<u>13</u> *Kick a Soccer Ball with someone	<u>14</u> 25 Sit-ups 25 Leg raises 25 Mountain climbers 25 second	<u>15</u> -15 push-ups -15 Burpees -30 Jumping Jacks	<u>16</u> 30 Sit-ups 30 Leg raises 30 Mountain climbers 20 second push up position/plank	<u>17</u> Jump Rope or ride a bike	<u>18</u> * Go For a walk, run or hike

Total Days Completed: _____ Parent Signature: _____

Fitness Logs

NAME: _____ Room: _____

DIRECTIONS: Write down what type of activity you accomplish each day and turn into your PE Teacher.

WEEK 1:

<u>DAY</u>	<u>ACTIVITY 1</u> Play 30 -60 minutes a day inside or outside	<u>ACTIVITY 2</u> Check off Fitness Calendar activities	<u>ACTIVITY 3</u> Research PE topic on computer and write on separate sheet of paper what you learned	<u>ACTIVITY 3</u> Track what you eat/drink on a seperate sheet of paper	<u>TOTAL MINUTES:</u>
1					
2					
3					
4					
5					
6					
7					

WEEK 2:

DAY	ACTIVITY 1 Play 30 -60 minutes a day inside or outside	ACTIVITY 2 Check off Fitness Calendar activities	ACTIVITY 3 Research PE topic on computer and write on separate sheet of paper what you learned	ACTIVITY 3 Track what you eat/drink on a seperate sheet of paper	TOTAL MINUTES:
1					
2					
3					
4					
5					
6					
7					