

Vassar Road Physical Education
Work From Home Assignments

Fill out the fitness log and the March/April Fitness Calendar with the activities that you did and how many minutes you did each day. Have your parents sign it and bring it back when we come back to school.

There are some other ideas and fun activities that you can do on my web page. Have fun, stay healthy and be active.

Mrs. Dean

patricias.dean@wcsdny.org

<https://www.wappingersschools.org/Page/4684>

Student Name: _____ Parent Signature: _____

Grade: _____

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 30 second plank	<u>17</u> Jump Rope or ride a bike	<u>18</u> * Go For a walk, run or hike

RED WORKOUT

- Jog in Place for 1 minute
- 10 R and L Leg Stretches
- Plank for 20 Seconds
- 15 Jumping Jacks
- 10 Sit Ups
- Wall Squat for 25 seconds
- 15 Line Jumps Side to Side
- 10 Toe Touches

Repeat for 15 minutes
30 Seconds Rest in Between

BLUE WORKOUT

- 40 JUMPING JACKS
- 10 R AND L LEG STRETCH
- 10 SQUATS
- 15 HEEL RAISES
- 20 HIGH KNEES
- 10 LUNGES
- 15 CRUNCHES/SIT UPS
- 20 MOUNTAIN CLIMBERS

Repeat for 15 minutes
30 Seconds Rest in Between

YELLOW WORKOUT

- 40 Jumping Jacks
- 30 second stretch
- 10 Star Jumps
- 10 Squats
- 20 Shoulder Push-ups
- 5 Burpees
- 25 Line Jumps
- 10 Hops on Each Foot

Repeat for 15 minutes
30 Seconds Rest in Between

GREEN WORKOUT

- Jog in Place for 1 minute
- 10 R and L Leg Stretches
- Plank for 20 Seconds
- 15 Jumping Jacks
- Jog in Place for 1 minute
- 15 Sit-Ups
- 15 Shoulder Push-ups
- 15 Mountain Climbers

Repeat for 15 minutes
30 Seconds Rest in Between

Student Name: _____ Parent Signature: _____

Grade: _____

Room #: _____

Directions:

Log the activities that you do.

Do at least 60 minutes of exercise 3 times a week but remember we should be active 60 minutes a day!

The more you do the healthier you are!!!!

Fitness Log:

WEEK 1:

<u>DAY</u>	<u>ACTIVITY 1</u> Play outside 30 minutes	<u>ACTIVITY 2</u> Fitness Calendar	<u>ACTIVITY 3</u> Choose 1 Color Workout 15 minutes	<u>ACTIVITY 4</u> YOUR CHOICE (__MINUTES)	<u>TOTAL</u> <u>MINUTES:</u>
1					
2					
3					
4					
5					
6					
7					

WEEK 2:

<u>DAY</u>	<u>ACTIVITY 1</u> Play outside 30 minutes	<u>ACTIVITY 2</u> Fitness Calendar	<u>ACTIVITY 3</u> Choose 1 Color Workout 15 minutes	<u>ACTIVITY 4</u> YOUR CHOICE (__ MINUTES And activity choice)	<u>TOTAL</u> <u>MINUTES:</u>
1					
2					
3					
4					
5					
6					

7					
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