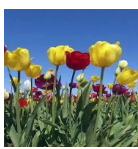



May 2020 6-8 Physical Education Exercise Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10 lunges 10 jumping jacks 10 high knees Repeat 4x	2 1 minute scissor kicks 1 minute squats 1 minute rest Repeat 4x
3 10 Burpees 30 second rest 3x 	4 Hold a Plank for 15 seconds 4x	5 Hang up some targets and try to hit them with a soft ball. If you hit your target move back.	6 Go outside ! Practice social distancing. Take a walk with your family and leave cell phones at home.	7 1 minute curl ups 1 minute push ups 1 minute jog in place 3x	8 Sit and stretch Quads, hamstrings & calf muscles	9 Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 5 times. Be sure to cool down and stretch
10 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	11 Fully relax & clear your mind. Lay down flat and focus on your breathing.	12 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	13 Walking Race Pick a distance and challenge yourself to a speed walking race. No running!	14 Jump rope for 1 minute, then rest for 1 minute. Repeat	15 How many pushups can you do without stopping. Think of the Push up test cadence.	16 Play Catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.
17 Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 3x. Be sure to cool down and stretch	18 50 wall squats	19 Take a walk. Stretch your quads and hamstrings	20 Jog for 2 minutes walk for one minute. Repeat 4x	21 Go Outside! Draw a hopscotch with chalk and play with a sibling. Have fun :)	22 25 lunges Rest Repeat 2x	23 Dribble Challenge Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?
24 Forward and reverse Arm circles during commercials	25 1 minute curl ups 1 minute push ups 1 minute jog in place 3x	26 Do 3-5 pushups in each room of your house	27 Lay flat for 10 minutes with no distractions. Close your eyes and focus on breathing. Relax	28 25 wall squats-hold the last one for 15 seconds. Repeat 2x	29 10 second plank 10 second curl up Repeat 4x	30 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?
31 10 lunges switch legs 10 jumping jacks 60 High knees			