




June- Physical Education Calendar 6-8

<p>1 Planks with Push-Ups Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.</p>	<p>2 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</p>	<p>3 Practice the Push-up Test What is your high score?</p>	<p>4 Hold a Yoga Squat Pose for 30 seconds. 5x</p>	<p>5 Fully relax & clear your mind. Lay down flat and focus on your breathing for 5 minutes with no interruptions.</p>
<p>8 Increase your Heart rate by jumping rope. Try to increase your jump time by 15 seconds each round. Start at 15 seconds.</p>	<p>9 Go on a social distancing Power walk for 25 minutes</p>	<p>10 Do 25 wall squats. Repeat three times</p>	<p>11 Do 1 minute of curl ups Do 1 minute of bicycle kicks Repeat three times</p>	<p>12 Alternate between skipping, speed walking, and jogging</p>
<p>15 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>16 Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>17 Do 5 pushups in each room of your house</p>	<p>18 Hold Boat Pose for 15 seconds 3x</p>	<p>19 Hold a Plank for 1 minute 45 seconds 30 seconds 15 seconds Rest 30 seconds in between</p>
<p>22 Device Detox Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours. In that time go for a walk</p>	<p>23 5 walking lunges 5 jumping split squats 5 jump squats 3x</p>	<p>24 Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>25 Healthy Eating Cook with a new fruit or vegetable today.</p>	<p>26 10 second plank 10 second curl up Repeat 4x</p>
<p>29 Assign different options to suits in a card deck. Pick a card and do the exercise that matches.</p>	<p>30 Do 15 curl ups x3</p>			 <p style="font-size: small; text-align: right;">shutterstock.com • 305897060</p>