

## Physical Education with Mrs. Horn

Stuck at home but feeling ok? Get outside and get in some nice fresh air. Exercise, play outside, have fun with your family, help your family with yard work. Create your own PE class...

### My PE Class - choose 2 or more each day or equal to 60 minutes a day!

- \*Practice your soccer skills
- \*Play a game of wiffle ball
- \*Play catch with a family member
- \*Jump Rope - have someone count for you. How many jumps can you do before making a mistake? Can you beat that number? Make a goal and beat that goal by 10 each time
- \*Create an obstacle course
- \*Shoot hoops
- \*Make a 4 square court on your driveway with chalk & play 4 square
- \*Play street hockey
- \*Play frisbee/can jam
- \*Clean up the yard, pick up sticks that have fallen during the winter, rake the yard, start cleaning the flowerbeds

\*Teach your family our warmups. Do some of the different exercises. Squats, jump squats, Jupiter jumps, frog jumps, jog in place, high knees, burpees, crunches, pushups, walrus pushups, planks, side planks, wall sits.

\*Put on some music & dance - create a line dance :)

\*Vacuum the house - clean your room - Your welcome parents!

\*Get creative & have fun!! Just MOVE!

\*\*Don't forget to color your plate! Make healthy choices :)

\*\*Drink plenty of water - stay away from sugar drinks

Email me a photo/video as evidence at [chorn@mursd.org](mailto:chorn@mursd.org)

Post a picture or video on school facebook page

Memorial Elementary School Physical Education with Mrs. Horn

\*return paper to me with completed time spent exercising.

How much total time did you exercise each day\_\_\_\_\_?

How much total time did you exercise during the week\_\_\_\_\_?

See you all soon!

Mrs. Horn