

Scenic Park Physical Education

Snow Day

Directions: Pick an option below of physical activities that you can participate in.

-Options 1-4

K-1: Please choose any of the following options and stay active for at least 10-15 min.

2-3: Please choose any of the following options and stay active for at least 15-20 min.

4-5: Please choose any of the following options and stay active for at least 30 min.

Always Start with a warmup! Jog in place for 1- minute or do our normal exercise routine of 10 jumping jacks, 5 sit ups, 5 burpees and 5 pushups.

Option 1:

GoNoodle

GoNoodle is a series of web-based videos, games, and activities focused on introducing short bursts of exercise and physical education concepts - A great website to keep you moving. Just pick and play!!

[-www.gonoodle.com](http://www.gonoodle.com)

Option 2:

Game System/Youtube: Just Dance Videos.

- If you have a game system (Wii, Playstation, Xbox, etc.) with an active game (where you are moving your body, you may play those games to count for movement goals.

- Visit <https://www.youtube.com> and type in Just Dance or Just Dance Kids. Dance it out to a couple of songs!

Option 3:

Outside Movement

-Find an activity that will keep your body moving for a full 15-30 minutes. Examples include building a snowman, hiking, snowshoeing, sledding, ice skating, shoveling the driveway and sidewalks.

Optional enrichment:

After completing the activity, you can write a response or draw a picture that describes the activity and how you feel after completing it. When completed please return to Mr. Armstrong.

Option 4:

Word list Workout with Alphabet

- Use the following letters to get your workout in.

-Spell the following words and perform the exercise.

- First Name, Last Name
- Your School Name
- Fitness Words like... Endurance, Strength, Flexibility, Teamwork.

A= 5 Jumping Jacks

B= 5 Sit ups

C= 5 Push ups

D= 15 second Wall Sit

E=10 Burpees

F= 10 Air Squats

G=30 second plank

H= 15 Jumping Jacks

I=15 Sit ups

J= 15 Push ups

K= 45 second Wall Sit

L= 20 burpees

M= 20 Air Squats

N= 5 burpees

O=5 Air Squats

P= 15 second plank

Q= 10 jumping Jacks

R= 10 sit ups

S= 10 Push ups

T= 30 second Wall

U= 15 burpees

V=15 Air Squats

W= 45 second Plank

X= 20 Jumping Jacks

Y= 20 Sit ups

Z= 20 Push Ups