

PE Challenge 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2nd and 3rd grade complete 3 times</p> <p>Kindergarten and 1st grade complete 2 times</p> <p>30 sec. jumping jacks 15 sec. mountain climbers 15 sec. plank jacks 15 sec. push ups</p> <p>practice overhand throw</p>	<p>go for a 30 minute walk/hike preferably outside</p>	<p>2nd and 3rd grade: 1 min. jog in place 10 push ups repeat 5 times</p> <p>kindergarten & 1st grade: 45 sec. jog in place 10 plank jacks repeat 3 times</p>	<p>practice kicking</p>	<p>2nd and 3rd grade: 50 jumping jacks 40 mountain climbers 30 plank jacks 20 burpees repeat 2 times</p> <p>kindergarten & 1st grade: 20 jumping jacks 15 mountain climbers 10 plank jacks 5 burpees repeat 2 times</p>
<p>2nd and 3rd grade: 45 sec. jumping jacks 30 sec. mountain climbers 30 sec. plank jacks 30 sec. push ups 30 sec. burpees 45 sec. jog in place repeat 3 times</p> <p>kindergarten & 1st grade: 30 sec. jumping jacks 15 sec. mountain climbers 15 sec. push ups 15 sec. burpees 45 sec. jog in place repeat 2 times</p>	<p>play catch with a small or large ball</p>	<p>2nd and 3rd grade: jog around the house as many times as you can in 10 minutes 10 push ups 10 plank jacks 15 mountain climbers repeat 2 times</p> <p>kindergarten & 1st grade: jog around the house as many times as you can in 10 minutes</p>	<p>play hide or seek outside (weather permitting)</p>	<p>2nd and 3rd grade: 1 min. jumping jacks 30 sec. mountain climbers 30 sec. push ups 1 min. hold a low plank repeat 3 times</p> <p>kindergarten & 1st grade: 45 sec. jumping jacks 15 sec. mountain climbers 15 sec. push ups 45 sec. low plank hold repeat 3 times</p>