

# Blizzard Bag Physical Education Lesson

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Homeroom Teacher: \_\_\_\_\_

Materials Needed: Stopwatch/clock and Pencil

Lesson:

1. Complete two warm-up activities you have learned in P.E. and name or draw them below.

2 Do line jumps for 20 sec front to back and side to side. Record the number below.

Total number of front to back jumps: \_\_\_\_

Total number of side to side jumps: \_\_\_\_

3 Complete 10 push-ups, 10 supermans, 10 Burpees, and 10 sit-ups.

4 In the boxes below color in one square for every 10 minutes of activity you have completed today.

Activities may include:

Aerobic Exercises: walking, swimming, running, biking

Recreational Activities: volleyball, basketball, soccer, relay races

Everyday Activities: play outside, take the stairs, help around the house, walk your pet, pick up your toys, go for a walk

Other: (Please List on the line below)

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\*\*Your goal is to have all boxes colored in, which is a total of 60 min. of activity!