

PE Class

March 19 – March 27

Thursday, March 19- Stretch for about 7 minutes, just like we do daily. This would be arm circles (both ways), cross your legs (do both ways), lunges (do both ways), planks (do it 3 times, the first 2 for 10 seconds each and the 3rd time for 20 seconds), and jumping jacks (30 total 10 regular, 10 cross and 10 circle)

Ask a parent, grandparent or caregiver what kind of games they played in PE class. This shouldn't be a sport like, soccer, basketball or volleyball, but rather a game like tag or Red Rover.

Friday, March 20- Stretch as listed above. Do some sit ups (remember to cross your arms in front). Have someone hold your feet and count how many you do in a minute time frame. After you have completed that then attempt to do half a sit up, where you only come up ½ way and hold it there. See how long you can hold it. Challenge someone to do more sit ups than you or hold the ½ sit up longer than you.

Monday, March 23- Stretch as listed for last Thursday. Go for a 20-minute walk. It has been beautiful outside, take advantage of it. Try taking your pulse (either in your neck or wrist) for one minute. Try to increase this number while you are walking. Retake your pulse after you finish your walk to see if there is a change in the pulse.

Tuesday, March 24- Do the above stretches from Monday. Instead of lunges do flamingo and instead of planks do the running in place. Remember how to do it... lower your self into the runners starting position and switch starting feet quickly. Do it three times for 15 seconds each. If you don't remember how to do those just do planks. Find an online kid's exercise video and complete it for about 15-20 minutes.

Wednesday, March 25- Do the above stretches from Tuesday, do the new ones I listed for yesterday. Talk with a parent, grandparent or caregiver about Bible stories that you know. Think of three times you heard when someone exercised in the Bible. The first one I can think of is when Noah and his family built the ark. I am sure it was a lot of exercise building that huge ark without any machinery.

Thursday, March 26 – Same as March 20

Friday, March 27- Same as March 23

Accountability for your assignments...

Between March 19 and March 27, you must complete at least 5 of the daily assignments listed above. As you complete these daily assignments please email a picture or video of you completing the assignment through my OLLH email, which is pceplecha@ollhschool.org For those assignments needing a written response please complete that also by sending your answers to my OLLH email. Be sure to let me know which day you are completing when emailing me.

If you do more than 4 days, please email me those results too!

If you have questions, please feel free to contact me

Mrs. Ceplecha