

Name: _____ Grade: _____ Hour: _____

Stout Physical Education Fitness Checklist

Directions please complete the following activities and return to your PE teacher on your first day back from class.

Monday (3/16)

5-10 minutes of stretching warm ups

If you need some ideas go to google type in basic stretches and then click on images. Find a list that you like and do those stretches.

What were your warm ups/stretchers? _____

30 minutes of physical activities

Not sure what type of physical activity you should do then go to google and type in physical activities and a variety of ideas will appear. Pick one that interests you.

What were your physical activities? _____

Additional work, videos, information that you did for the day? _____

Tuesday (3/17)

5-10 minutes of stretching warm ups

What were your warm ups/stretchers? _____

30 minutes of physical activities

What were your physical activities? _____

Additional work, videos, information that you did for the day? _____

Wednesday (3/18)

½ mile run time or 8 minutes: _____

1 minute push ups (use charts on blog to see how you did)

How many? _____ What is your grade? _____

1 minutes sit ups (use charts on blog to see how you did)

How many? _____ What is your grade? _____

Self reflection (How did you do today? How do you feel about your scores?)

Thursday (3/19)

½ mile run time or 8 minutes: _____

1 minute push ups (use charts on blog to see how you did)

How many? _____ What is your grade? _____

1 minutes sit ups (use charts on blog to see how you did)

How many? _____ What is your grade? _____

Self reflection (How did you do today? How do you feel about your scores?)

Friday (3/20)

5-10 minutes of stretching warm ups

What were your warm ups/stretchers? _____

1 mile run time or 20 minutes (use charts on blog to see how you did)

What was your time? _____ What is your grade? _____

Cool down activities

What were your cool down activities? _____

Monday (3/23)

5-10 minutes of stretching warm ups

What were your warm ups/stretchers? _____

1 mile run time or 20 minutes (use charts on blog to see how you did)

What was your time? _____ What is your grade? _____

Cool down activities

What were your cool down activities? _____

Tuesday (3/24)

½ mile run time or 8 minutes: _____

1 minute push ups (use charts on blog to see how you did)
How many? _____ What is your grade? _____

1 minutes sit ups (use charts on blog to see how you did)
How many? _____ What is your grade? _____

Self reflection (How did you do today? How do you feel about your scores?)

Wednesday (3/25)

½ mile run time: _____

1 minute push ups (use charts on blog to see how you did)
How many? _____ What is your grade? _____

1 minutes sit ups (use charts on blog to see how you did)
How many? _____ What is your grade? _____

Self reflection (How did you do today? How do you feel about your scores?)

Thursday (3/26)

5-10 minutes of stretching warm ups
What were your warm ups/stretchers? _____

Jumping rope

What were some of your jump rope activities? How long did you jump rope? _____

30 minutes of physical activities
What were your physical activities? _____

Additional work, videos, information that you did for the day? _____

Friday (3/27)

5-10 minutes of stretching warm ups
What were your warm ups/stretchers? _____

Jumping rope

What were some of your jump rope activities? How long did you jump rope? _____

30 minutes of physical activities

What were your physical activities? _____

Additional work, videos, information that you did for the day? _____