

Please write down what physical activity you are doing each day. Remember try to be active for 30 minutes a day. Please take a picture of you with your completed chart and email it to me by Friday, May 22.

Complete the stretches/warmups and a physical activity each day.	1 minute plank, 1 minute sit-ups, 5 push-ups, jog or pretend jump rope in place 1 minute. Stretch your body. <u>Use the flip a coin challenge and the flexibility stretches if you want!</u>	30 minutes of physical activity. Walking, jogging, bike ride, play tag, soccer, basketball, scooter, yard work, house work. Be creative and get active.	Parent signature!
Example	Done/ flip a coin challenge. Flexibility stretches	Bike riding, shot baskets.	Parent signature
Monday, May 18			
Tuesday, May 19			
Wednesday, May 20			
Thursday, May 21			
Friday, No school 😊			

First and last name:

Teacher's name: