

P.E. Chart K-2 #3

See how many squares and activities you can cross off.

♥ Mrs. Cherry

<p><u>Penny Walk:</u> Take a penny with you on a walk. At the corner's flip the coin to see where you will go. Heads: right Tails: Left</p>	<p><u>Hopscotch:</u> Draw a hopscotch grid with side walk chalk. Find an item to be your hoppy paw.</p>	<p><u>Hot Potato:</u> Find a light weight item to pass back and forth. Turn on a song. When the song ends, whoever has the "potato" is out.</p>
<p><u>Kick the Can:</u> Look up the rules to kick the can. Take your family outside and play. "Olly, olly oxen free!"</p>	<p><u>UNO Workout:</u> Get a stack of UNO cards. Players pick a card from the top of the deck and do workout associated with the card color. YELLOW: 30 sec jumping jacks GREEN: 30 sec squats RED: 30 sec plank BLUE: 30 sec push ups ACTIVITY CARDS: 10 movements of your choice</p>	<p><u>Family Bike Ride:</u> Get your bike, helmet, and family. Enjoy!</p>
<p><u>Simon Says:</u> Get your family and play a few rounds of Simon Says.</p>	<p><u>Car Wash</u> Get your family and wash your family car. Scrub the outside. Clean and vacuum the inside. You will use lots of a muscles as you scrub high and low.</p>	<p><u>Jump Rope Songs:</u> Spanish Dancer, do the splits Spanish Dancer, give a kick Spanish Dancer, turn around Spanish Dancer, get out of town.</p>