

ACTIVE HOME PHYSICAL EDUCATION 3-5

Students may choose to participate on their PE day or everyday!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Warm - Up	10 push ups 10 curl ups 10 jumping jacks 10 squats 10 high knees	Go Noodle Fresh Start Fitness- Wake Up	The Journeyman	Piece of Paper Fitness	You choose your favorite warm-up!
Skill Activity	Hot Shot Challenge My high score was 12. Can you beat that?	Fitness Cootie Catcher If you don't have a printer create your own with a piece of paper.	Birdie in the Cage Can you beat my score of 5?	Kicking Chairshoes	GoNoodle Fresh Start Fitness- High Velocity
Mindfulness	GoNoodle- Melting	Go Noodle- Weather the Storm	GoNoodle- Melting	Go Noodle- Weather the Storm	GoNoodle- Melting

Extra Activity Choices:

[Double Trouble Solitaire](#)

[Build a Better Push- Up Challenge](#)

[April Mind & Body Calendar](#)

Questions?

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