

# ARBOR HILL & PINE HILL ELEMENTARY

## PHYSICAL EDUCATION CHECKLIST

### Coach Castle / Coach Eastman / Coach Lappe

**Purpose:** This checklist encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

**Directions:** After a student completes a day's activity, adults make a check mark and initial in the space provided. Each day a student is to complete a minimum of 5 tasks from list. Most importantly, HAVE FUN!!.

✓ Done	#	Activity
	1	Sit in Reach for 30 seconds each leg.
	2	Keep it up ( make a ball out of paper, don't let it touch the ground for 60 seconds!)
	3	Do as many curl-ups as you can.
	4	March Madness: Take 64 imaginary jump shots.
	5	Do as Many Burpees as you can.
	6	How many ways can you bend, twist, and turn your body?
	7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
	8	Plank for as long as you can.
	9	Play a game that is active. You decide what that is.
	10	Do as many squats as you can.
	11	Take 32 imaginary dunks and 16 crossover dribbles.
	12	Do push-up shoulder taps while reciting your spelling words or alphabet.
	13	Bear Crawl as long as you can
	14	Run in place and name 3 reasons why fitness is important for health.
	15	Crab walk as long as you can.
	16	Did you know soda has ~39 grams of sugar? Do 39 mountain climbers
	17	Do as many squats as you can.
	18	Did you know ice cream has ~13 grams of fat? Do 13 burpees.
	19	1 v 1 Tag—play against someone else.
	20	Spring into Action: Do 40 jumping jacks together.
	21	How many ways can you transfer your weight over an imaginary line?
	22	1 can of Mountain Dew has 46g of sugar. Do 46 mountain climbers.
	23	Bag Game: Bag Juggle... toss and catch 2, 3, or 4 bags.
	24	Do as many push-ups as you can.
	25	Invent a game and try it out!
	26	Sing a song while doing a wall sit.
	27	Did you know donuts have ~280 calories? Jog in place for a 280 count.
	28	About how many glasses of water should you drink each day? Do 8 burpees.
	29	Do as many push-ups as you can.
	30	Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!

#### Please Remember



- Always get adult permission before doing any activity.
- Return calendar to teacher when you return to school.