

## PHYSICAL EDUCATION ACTIVITIES

### GRADES K-2

- RUNNING IN PLACE FOR 30 SECONDS
- SIDE TO SIDE HOPS
- BACK AND FORTH HOPS
- SCISSORS
- 15 JUMPING JACKS

### GRADES 3-8

- HIGH KNEES 30 SEC
- SQUATS 30 SEC
- 25 SITUPS
- 10 PUSHUPS
- RUN ½ MILE

PERFORM 3 ROUNDS OF EACH EXERCISE