

# P.E. Week 10

E-learning



# Here is a super-hero fitness activities to try!

Pick your level!



Do 10 front kicks with each leg



Do a plank for 30 count



Do 10 frog jumps



Do 15 crunches



Hamstring stretch with each leg to a 30 count



Do 10 push-ups

Beginner = 2 rounds  
Intermediate = 4 rounds  
Advanced = 6 rounds



# Here is a walking scavenger hunt!





















Don't forget to get parent permission to go outside. Bring your family along on the scavenger hunt!



## LET'S TAKE A WALK!



### SCAVENGER HUNT

- |                          |  |              |                          |  |                |
|--------------------------|--|--------------|--------------------------|--|----------------|
| <input type="checkbox"/> |   | MAILBOX      | <input type="checkbox"/> |   | PAW PRINT      |
| <input type="checkbox"/> |   | YELLOW HOUSE | <input type="checkbox"/> |   | SKATEBOARD     |
| <input type="checkbox"/> |   | ROSES        | <input type="checkbox"/> |   | SINGING BIRD   |
| <input type="checkbox"/> |   | DOG          | <input type="checkbox"/> |   | A FAMILY       |
| <input type="checkbox"/> |   | STROLLER     | <input type="checkbox"/> |   | BLUE CAR       |
| <input type="checkbox"/> |   | FENCE        | <input type="checkbox"/> |   | A FLAG         |
| <input type="checkbox"/> |   | TALLEST TREE | <input type="checkbox"/> |   | SPRINKLERS     |
| <input type="checkbox"/> |   | A RED DOOR   | <input type="checkbox"/> |   | BICYCLE        |
| <input type="checkbox"/> |   | CLOUDS       | <input type="checkbox"/> |   | A PACKAGE      |
| <input type="checkbox"/> |  | MOTORCYCLE   | <input type="checkbox"/> |  | DELIVERY TRUCK |

# 8-Minute HIIT fitness class for kids



**Here is a fitness workout to try!**



# Explosive Bodyweight Agility HIIT Workout

Here is a video on some explosive and agility drills to help improve your game!

Don't worry if you don't have cones! You can fold up and place down some towels or rolled up socks.



# Train like an Athlete Interval Training - At Home Cardio and Toning Boot Camp



# 20 min Abs & Cardio HIIT Workout

