

K-4 Physical Education

Activity Checklist May 11-May 15

Required: Complete the activity listed for each day!

*All activities can be found on my teacher webpage!

○ **Monday**

- Same or Different

○ **Tuesday**

- Stairs Workout

○ **Wednesday**

- Virtual Field Day: Minute to Win It

○ **Thursday**

- Create your own Obstacle Course or Chalk Walk

○ **Friday Last Day of School!**

- Complete the workout video
 - Spiderman Video:
<https://www.youtube.com/watch?v=15BWn39QYY0&list=PLvuT1Bjs2VSFOYqahj8VAKBwyYFnLJIDa&index=9>

Optional:

Daily Challenge:

- Drink 50 ounces of water every day.
- Thank your parents/family for helping during Distance Learning.
- *Have an AWESOME summer and stay active!*

Healthy Snack Ideas: Chewy Honey Granola Bars