

April 27, 2020

What a beautiful day to start our week!!! This week's PE activity can all be done inside or outside. Take advantage of one of the nice days ahead to exercise!

ALL GRADE LEVELS: UNO Fitness

How to play: It's easy, just grab a deck of UNO cards (or a regular deck, if you don't have UNO). Each color represents the exercise to do. The # drawn represents how many times you do that exercise. Play for 20 min.

K-2

Red = jumping jacks

Blue = hand walks (stand straight-touch toes-walk hands out as far as you can and back)

Green = frog jumps (squat down and jump like a frog)

Yellow = sky reaches (stand up straight-stretch those arms up as high as you can get them and then touch your toes)

3-6

Red = mountain climbers (from a plank, alternate bringing your knees forward)

Blue = push ups

Green - burpees (standing-touch floor-kick both legs out-stand back up-repeat)

Yellow = sit ups

Skip = designate a safe place to skip - ex. Up and down driveway or sidewalk, around the house 1 lap)

Reverse = designate a safe place to walk backwards

Draw 2 = draw 2 additional cards to use for the round

Wild = have someone choose a card for you (yes, they can look through the deck)

Draw 4 = draw four additional cards to use for the round

*using a regular deck of cards- Jack=skip, Queen=Reverse, King=Draw 2, Ace=Draw 4

Start by drawing 3 cards. Complete those exercises by following the guidelines above. When finished- draw 3 more. Keep drawing cards until you have played for 20 min. As always, take breaks as needed and drink plenty of water. Have a great week- Mrs. Shifflett

Extra Activities: Ask your parents or guardian 3 things you can do to help around the house or outside to make your home look better!