**Remote Learning Lesson 3**

**Grades 1,2,3:**

Physical Education Lesson 3 (March 30 – April 3)

Please Spell your First Name, that is the Workout.

For an extra challenge and more exercise spell your last name also!

You do each exercise that is next to the letters in your name.

Example – If your name starts with a C you do 10 Jumping Jacks, second letter is a E you do 10 Sideway Boxers.

Run in place for 30 seconds

5 squats

10 Jumping Jacks

5 Push ups

10 Sideways boxers

10 Sky Boxers

20 Arm Circles

10 Lunges

5 Squat Jumps

15 Jumping Jacks

Hop on one foot for 10 Seconds

5 Squats

5 Push ups

10 Sit Ups

Hold a plank for 30 seconds

Run in place for 30 Seconds

20 Arm Circles

10 Lunges

15 Jumping Jacks

5 Squat Jumps

Hop on one foot for 10 seconds

10 Sideways Boxers

10 Elbows to the knees

10 Sit ups

Hold a plank for 30 seconds

10 Jumping Jacks

\*Please don’t forget to do one of the GoNoodle activities every day! We should be exercising at least once every day! Youtube Link to GoNoodle is below.

GoNoodle - <https://www.youtube.com/user/GoNoodleGames>

**Remote Learning Lesson 3**

**Grades 4,5,6:**

You do each exercise that is next to the letters in your name.

Example – If your name starts with a C you do 10 Jumping Jacks, second letter is a E you do 10 Sideway Boxers.

Run in place for 30 seconds

5 squats

10 Jumping Jacks

5 Push ups

10 Sideways boxers

10 Sky Boxers

20 Arm Circles

10 Lunges

5 Squat Jumps

15 Jumping Jacks

Hop on one foot for 10 Seconds

5 Squats

5 Push ups

10 Sit Ups

Hold a plank for 30 seconds

Run in place for 30 Seconds

20 Arm Circles

10 Lunges

15 Jumping Jacks

5 Squat Jumps

Hop on one foot for 10 seconds

10 Sideways Boxers

10 Elbows to the knees

10 Sit ups

Hold a plank for 30 seconds

10 Jumping Jacks

\*Please don’t forget to do one of the GoNoodle activities every day! We should be exercising at least once every day! Youtube Link to GoNoodle is below.

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