

**Physical Education Blizzard Bag #1**  
**Mr.Kehres Grades 3 & 4**

Name: \_\_\_\_\_ Home Room Teacher: \_\_\_\_\_

**1. Knowledge Activity:**

A. List 3 reasons why it is good to exercise.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**2. Performance Activity:**

A. Complete all of the following Muscular exercises

1. 10 Push-ups (total- not necessarily in a row)
2. 1 straight minute of Sit-ups How many did you complete? \_\_\_\_\_

B. Complete both of the following Cardio exercises

1. 20 Jumping Jacks
2. Two (2) minutes of non-stop running in place

C. Choose ONE of the following exercises (Circle the one you chose): for a minimum of 20 minutes

\*Walk/jog

\*Jump Rope

\*Sledding/ Play outside in the snow

\*Other: \_\_\_\_\_ (list the physical activity of your choice)

3. Complete 2 minutes of stretching activities (try to stretch your whole body- not just arms or legs)

Parent

SignatureX \_\_\_\_\_