

Physical Education Blizzard Bag #1
Mr. Kehres Grades K-2

Name: _____ Home Room Teacher: _____

1. Knowledge Activity

A. List 1 reason why it is good to exercise.

2. Performance Activity

A. Complete all of the following Muscular exercises

1. 1 straight minute of Sit-ups How many did you complete? _____
2. 5 push-ups

B. Complete both of the following Cardio exercises

1. 20 Jumping Jacks
2. Two (2) minutes of non-stop skipping, galloping or jumping on 2 feet.

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 _____