

Blizzard Bag
Physical Education
Mrs. Rosales

Warm Up Activity:

2 minute run (run in place, if you do not have a safe space to move)

Strength, Endurance, Cardiovascular & Flexibility:

(Complete all)

10 arm circles forward

10 push ups

10 arm circles backwards

10 shoulder taps

10 jumping jacks

20 second plank

20 seconds- standing and reach for
your toes

30 second crab walk

20 seconds- butterfly stretch

30 second bear crawl

Activity: 25-30 minutes

You may choose any physical activity to complete this assignment.

Examples: basketball, soccer, dance, swimming, jump rope, running, walking, bike riding, sport practices etc.

Please have parents sign below once you have finished all of the activities.

Student Name: _____

Parent Signature: _____