

2nd & 3rd Grade
Physical Education

Remote Learning

Mrs. Rosales

Please complete this assignment **ONE** time per week.

● 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 second standing and reach for your
toes | 30 second crab walk |
| 20 second 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, jumping on trampoline, playing outside, sport practices etc.

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

Student Name: _____

Parent Signature: _____



Check out the Camden Primary Facebook page for new ideas everyday!

Kindergarten & 1st Grade

Physical Education

Remote Learning

Mrs. Rosales

Please complete this assignment ONE time per week.

● 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	20 second butterfly stretch
10 arm circles backwards	30 second crab walk
10 jumping jacks	30 second bear crawl
20 second standing and reach for your toes	30 seconds galloping
	30 seconds skipping

● 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, jumping on trampoline, playing outside, sport practices etc.

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

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