

# PHYSICAL EDUCATION NEWSLETTER

APRIL 20<sup>TH</sup> – 24<sup>TH</sup>

Stay Safe!

Stay Active!

Stay Healthy!



## Fitness Activity:

# ALPHABET CHALLENGE

Start with the letter A and see how far you can get in the alphabet. If you get all the way through see if you can do it twice!

A: 10 CRUNCHES

B: 10 JUMPING JACKS

C: 5 PUSHUPS

D: 5 SQUATS

E: 30-SEC WALL SIT

F: 15 ARM CIRCLES

G: 10 MOUNTAIN CLIMBERS

H: 5 BURPEES

I: 30 -SEC PLANK

J: 10 JUMP SQUATS

K: 10 SIDE LUNGES

L: 15 CRUNCHES

M: 20 HIGH KNEES

N: 10 TRICEP DIPS

O: 10 PUSHUPS

P: 10 SQUATS

Q: 20 JUMPING JACKS

R: 30 – SEC PLANK

S: 20 BICYCLES

T: 30 -SEC WALL SIT

U: 5 BURPEES

V: 20 ARM CIRCLES

W: 10 LUNGES

X: 20 HIGH KNEES

Y: 10 PUSHUPS

Z: 10 BURPEES

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## Yoga:

Yoga Time!



Let's practice our balancing skills! What do we do with our body to help us balance? Try out some [Cosmic Yoga](https://www.youtube.com/watch?v=Td6zFtZPkJ4) or <https://www.youtube.com/watch?v=Td6zFtZPkJ4>  
Can you keep your balance while following along?

I hope that all of you are well. I miss seeing you. Stay Safe, Stay Active, and Stay Healthy!!

