

Physical Education Fitness Challenge- All Grades!!!

Complete each set of exercises at least once a day.

HAVE FUN!!! AND STAY ACTIVE!!!

Exercise	Repetitions
Jumping Jacks	30 reps
Mountain Climbers	20- twice
Jogging in place	30 secs- twice
Trunk Twists	15 reps
Choice of two different leg stretches	30 secs each leg
Forward small arm circles	15 reps
Backwards small arm circles	15 reps
Forward Large arm circles	15 reps
Backwards large arm circles	15 reps
Star Jumps	At least 4 reps
Jump roping (real or imaginary)	30 secs 3 times
Arm and Shoulder Stretches (your choice)	30 secs each arm
Push Ups	10 reps
Leg Squats	10 reps