

WMS Phys Ed Remote Learning Assignment

Week 6 - Scavenger Hunt!

For 4 days this week, you are going to create your own Scavenger Hunt! Each day you will search for 5 items inside or outside of your home. Use the Chart on Page 2 to decide what you are going to look for!

CUT 5 different item descriptions/exercises from the Chart on Page 2 and **PASTE** it into the Chart below in any order you choose. Search for your item, type what you found in the chart, and complete the exercise. Then, look for your next item!

HAVE FUN SCAVENGING!!

EXAMPLE	DAY 1	DAY 2	DAY 3	DAY 4
Item Found:Oranges	Item Found:	Item Found:	Item Found:	Item Found:
SOMETHING ORANGE Jog in Place 30 sec	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here
Item Found: Pillow	Item Found:	Item Found:	Item Found:	Item Found:
SOMETHING SOFT 10 BBall Jumpshots	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here
Item Found:SHIRT	Item Found:	Item Found:	Item Found:	Item Found:
SOMETHING PLAID 10 Star Jumps	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here
Item Found:MARIA	Item Found:	Item Found:	Item Found:	Item Found:
BEGINS with an "M" 10 Front Kicks	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here
Item Found:HAT	Item Found:	Item Found:	Item Found:	Item Found:
SOMETHING GREEN Stretch Legs 15 sec	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here	Paste Exercise Square Here

SCAVENGER HUNT ITEMS and EXERCISES SQUARES

CUT AND PASTE the **EXERCISE SQUARES** below into the chart above

to tell us what you are looking for and what exercises you are doing each day!

The squares Mr. Yoeke used are back in the chart if you would like to use them during the week, too!

(You won't use all of them! There will be 5 left at the end of the week)

SOMETHING RED 5 Push Ups	SOMETHING STRIPES 20 second Plank	SQUARE 20 sec Balance 1 foot	SOMETHING SHINY Hop on 1 Foot 15 sec	SOMETHING GREEN Stretch Legs 15 sec
SOMETHING BUMPY 20 Side Lunges	SOMETHING PURPLE 10 Squats	BEGINS with an "P" Skip 20 times	POLKA DOTS 30 sec No Rope Jump	BEGINS with an "R" 20 Arm Circles
SOMETHING TINY 10 Mountain Climbers	BEGINS with an "A" 8 Burpees	SOMETHING YELLOW 5 Jumping Jacks	A SPHERE 20 Front Punches	SOMETHING BLACK 20 Criss Cross Jumps
SOMETHING ORANGE Jog in Place 30 sec	SOMETHING PLAID 10 Star Jumps	BEGINS with an "S" 10 Crab Walks	SOMETHING CUBED 20 High Knees	A MAGNET 25 Jumping Jacks
SOMETHING SOFT 10 BBall Jumpshots	BEGINS with an "M" 10 Front Kicks	A STAR 20 Front Lunges	SOMETHING BLUE 5 Sit Ups	SOMETHING ROUND 10 Frog Jumps