

WMS Phys Ed Remote Learning Assignment

Week 5 - "Name of the Day" Workout

1. Check out the Letter Chart on page 2! Each letter of the alphabet was assigned a different exercise or movement.
2. Each day, perform the exercise that matches each letter to spell the "Name of the Day"!
3. Fill in your chart below. Type the "name" you are exercising under the "Name of the Day" description (will come up in a color) and fill out what exercises match each letter. (Wednesday is typed in as an example)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Name of the Day</i> One of your parent's/guardian's first name	<i>Name of the Day</i> Your favorite food	<i>Name of the Day</i> PE teacher's last name	<i>Name of the Day</i> Month you were born	<i>Name of the Day</i> Your Choice!! Pick a name of something!
You type here	You type here	YOERKE	You type here	You type here
List your exercises	List your exercises	List your exercises Y-10 pushups O-15 Criss Crosses E-10 Squats R-Crab walk 20 steps forward and 20 steps back K-Up and Down Stairs 2x E-10 Squats	List your exercises	List your exercises

<u>A</u> 5 Burpees	<u>B</u> 20 second Wall Sit	<u>C</u> Hop on 1 Foot 10 times in a row	<u>D</u> Run to the nearest door and run back	<u>E</u> 10 Squats
<u>F</u> 15 crunches or sit ups	<u>G</u> 10 jumping jacks	<u>H</u> Hop like a frog 5 times	<u>I</u> Balance on your LEFT foot for 10 seconds	<u>J</u> Balance on your RIGHT foot for 10 seconds
<u>K</u> Walk up and down a set of stairs 2 times (no stairs? - march in place 30 times)	<u>L</u> Pretend to jump rope 20 jumps!	<u>M</u> 20 arm circles (both arms at the same time)	<u>N</u> Pick up a stuffed animal/pillow without using your hands, move it across the room	<u>O</u> 15 Criss Cross jumps (criss cross your feet)
<u>P</u> Walk sideways 15 steps and hop on 2 feet back to where you started	<u>Q</u> Crawl like a bear 10 steps forward and 10 steps back (hands and feet on floor)	<u>R</u> Crab walk 10 steps forward and 10 steps backward	<u>S</u> 30 second plank	<u>T</u> Sit down on the floor and pretend to pedal a bike with your feet for 25 seconds
<u>U</u> 30 second Run in place	<u>V</u> Flap your arms like a bird and jump up and down for 30 seconds	<u>W</u> Skip forward 10 times, turn and skip back 10 times	<u>X</u> Reach up as high as you can for 15 seconds	<u>Y/Z</u> 10 Pushups