

**PE and Health**  
**Remote Learning Packet**  
**Week 4**  
**Grade K-2**

**Packets are to be completed when you receive a call stating that it is a "Remote Learning" day.**

**All work must be completed and returned to school the next day that we are in the building.**

**Packets will be graded and counted. Please make sure that you are completing the assignment for the correct day.**

**Please do not work ahead!**

**Student:** \_\_\_\_\_

**Parent:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Fitness Tic Tac Toe Warm up.**

Name: \_\_\_\_\_

**Choose three squares in a row across or down. Choose another row if time permits.**

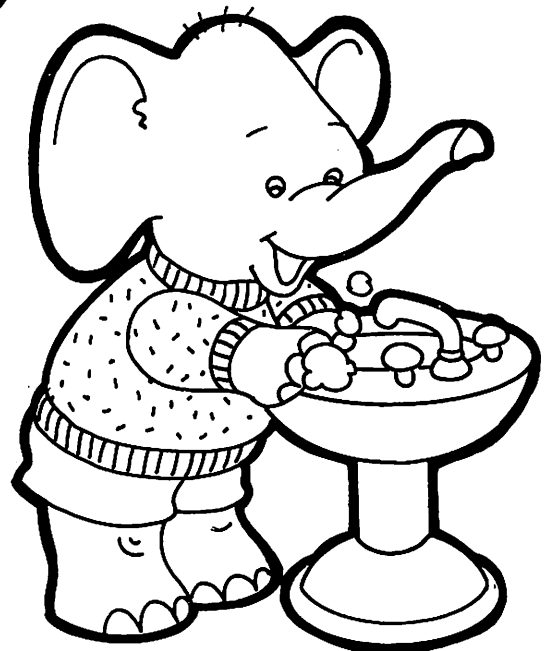
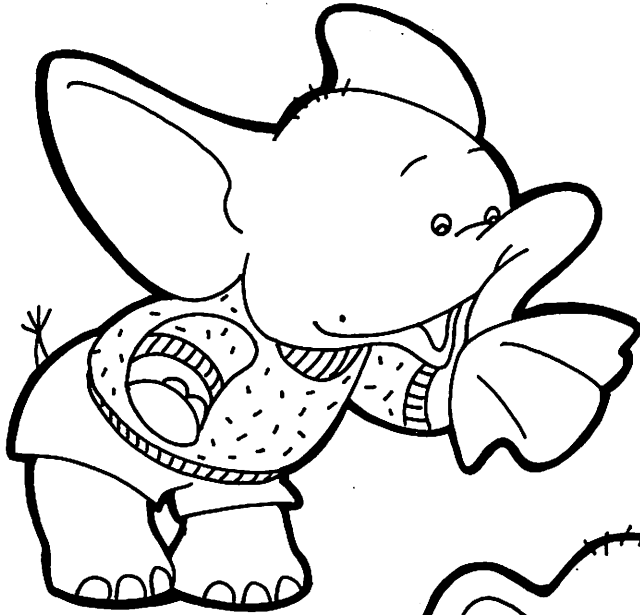
**Fitness Tic Tac Toe**

<b>50 Jumping Jacks</b>	<b>15 sit ups</b>	<i>15 push ups</i>
<b>15 curl ups</b>	<b>20 crab push ups</b>	<i>50 straddle cross</i>
<i>15 dips</i>	<i>50 pretend jump rope</i>	<i>15 bicycles</i>

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# BEING HEALTHY

is stopping the spread of germs.



# BEING HEALTHY

is exercising every day.

