

# Physical Education (P.E.) Lessons

## For the At-Home Learner

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### 1. Spell Your Name Game:

A- 10 jumping jacks	K- 5 calf raises	T- 10 butt kickers
B- 5 push ups	L- 5 second plank	U- 5 inchworms
C- 1 burpee	M- 3 squat jumps	V- 5 tricep dips
D- 20 knee highs	N- 10 second jump rope	W- 3 star jumps
E- 5 crunches	O- 10 Russian twists	X- 5 bird dogs
F- 10 Mountain climbers	P- 5 plie squats	Y- 10 leg raises
G- 5 squats	Q- 10 arm circles	Z- 5 squat jacks
H- 10 front lunges	R- 10 skaters	
I- 10 side lunges	S- 10 second jog in	
J- 10 second wall sit		

### 2. UNO Workout:

Yellow- Jumping Jacks

Green- Squats

Red- 30 second planks

Blue- Push ups

Action Cards- 10 of your choice

### 3. FIT Dice: Roll the dice, each number represents an action and the number of reps you have to do (or duration in seconds)

- 2- jumping jacks
- 3 -push ups
- 4- curl ups
- 5- squat jumps
- 6- jog in place
- 7- forearm plank
- 8- arm circles
- 9- squats
- 10- push ups
- 11- curl ups
- 12- jumping jacks