

PE Class 1

Do 10 Push ups on the floor 3 times

Do 20 situps 2 times

Do 30 seconds of jumping jacks

Do a yoga video on Cosmic Yoga
<https://www.youtube.com/user/CosmicKidsYoga>

Do 4 different stretching exercises

Do 20 wall pushups against a wall 3 times

Dribble a ball one minute on each hand

Play catch against the wall for ten minutes

Do 10 squats 3 times

PE Class 2

Play outside for 20 minutes

Take a walk for 15 minutes

Hold a plank on you elbows for 15 seconds 3 times

Do a yoga video on Cosmic Yoga
<https://www.youtube.com/user/CosmicKidsYoga>

Dance to your favorite song

Do weights lifting with cans or weights 10 bicep curls 3 times

Stretch for 15 minutes

Do weights lifting with cans or weights 10 arm raises 3 times

Do lunges alternating legs 10 each leg