

PE Snow Packet 2018/2019

Kindergarten: Students will do 10 sit ups, 5 pushups, jog in place for 60 seconds and do a one minute wall sit. Please do light stretching at the beginning and end of the workout.

1st and 2nd Grade: Students will do 15 sit ups, 10 pushups, jog in place for 60 seconds and do a one minute wall sit. Please do light stretching at the beginning and end of the workout.

3rd and 4th Grade: Students will do 20 sit ups, 15 pushups, jog in place for 60 seconds and do a one minute wall sit. Please do light stretching at the beginning and end of the workout.

5th and 6th Grade: Students will do 30 sit ups, 20 pushups, jog in place for 60 seconds and do a one minute wall sit. Please do light stretching at the beginning and end of the workout.

7th and 8th Grade: Students will do 40 sit ups, 25 pushups, jog in place for 60 seconds and do a one minute wall sit. Please do light stretching at the beginning and end of the workout.