















Quibbletown Middle School Physical Education



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1</p> <p>Bleachers</p> <p>Go to your local HS's bleachers and job up and down them. How many times can you go without stopping?</p>
<p>2</p> <p>Pillow fight</p> <p>No explanation needed!</p>	<p>3</p> <p>Bicycles</p> <p>Lie on your back and move your legs like you are riding a bike to strengthen your stomach muscles</p>	<p>4</p> <p>Did you know it takes more muscles to frown than it does to smile.</p>	<p>5</p> <p>Create a game</p> <p>Use your imagination and make up a game using a ball, a sock, and a jump rope</p>	<p>6</p> <p>20 superman 12 crunches 15 scissors</p>	<p>7</p> <p>30 squats 10 push-ups 10 dips</p>	<p>8</p> <p>Hopscotch</p> <p>Use some chalk, a rock and your driveway to play hopscotch or put some masking tape on the floor and do it inside if it's raining.</p>
<p>9</p> <p><i>Palm Sunday</i></p> <p>Charades</p> <p>act out movie titles, songs and things without making a sound.</p>	<p>10</p> <p>Family health and fitness day! After dinner go outside for a walk with your family.</p>	<p>11</p> <p>Passover</p> <p>Help mom make macaroons</p>	<p>12</p> <p>25 squats 25 sumo squats Do 3x's</p>	<p>13</p> <p>50 standing oblique twists; 30 second plank hold— do 3x's</p>	<p>14</p> <p>Good Friday</p> <p>20 push-ups 20 dips— do 3x's</p>	<p>15</p> <p>Color Easter eggs with the family.</p>
<p>16</p> <p>Easter</p> <p>After dinner, play a board game with the family</p>	<p>17</p> <p>Hula hoops</p> <p>Grab a friend and a hula hoop and see who can hula hoop the longest</p>	<p>18</p> <p>Bet you didn't know: it is impossible for most people to lick their own elbow. Try it!</p>	<p>19</p> <p>Makeshift bowling</p> <p>Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike or space?</p>	<p>20</p> <p>30 second plank 60 sec jump rope 20 Russian twist</p>	<p>21</p> <p>10 push-ups 50 crunches 100 high knees</p>	<p>22</p> <p>Go outside</p> <p>Spend time outside with family or friends!</p>
<p>23</p> <p>Family adventure</p> <p>Go for a walk with your family on a trail you've never traveled before</p>	<p>24</p> <p>10 burpees 50 squats 100 jumping jacks</p>	<p>25</p> <p>10 star jumps 40 calf raises 50 butt kickers</p>	<p>26</p> <p>15 push-ups 45 second plank 60 squats</p>	<p>27</p> <p>Did you know that strawberries have more Vitamin C than oranges?</p>	<p>28</p> <p>45 arm circles 100 skaters 20 leg raises</p>	<p>29</p> <p>Mini golf in the backyard</p> <p>Set up some obstacles, a cup on its side for the hole, and then each take turns.</p>
<p>30</p> <p>Play hide-n-seek in the house</p>						<p></p> <p>Illustrations of.com #14895</p>

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