



Brookwood Bears

P.E.at Home

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Hello friends! I hope you are all doing well and staying healthy. Please remember getting plenty of exercise is so very important to keep you physically and mentally healthy! Your goal should be to get 60 minutes of exercise every day, with 20-30 minutes of those minutes being moderate to vigorous (with an elevated heart rate). Here is a collection of ideas and resources that you and your family should be able to use no matter your location or the weather.

Coach Grindstaff & Coach Vincent

Exercise Videos

- <https://youtu.be/3h9am97W4Rc> STAR WARS Lightsaber TABATA Workout
- https://youtu.be/Q9pB8I_vqCw Star Wars JEDI WORKOUT (RISE OF SKYWALKER)
- <https://youtu.be/fu-ZCwMrvKc> Harry Potter 'Enchanted Spells' Kids Workout
- <https://youtu.be/Zm9qhyh4TJk> Captain America 'AVENGERS KIDS WORKOUT'



Physical Activity Log



Day + Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # Minute
Wednesday 3-28-14	Soccer 15 min	Walking 30 min	Climbing trees 15 min	60 min
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal: **60** Minutes Daily!

Name: _____

Week of: _____



Keep a Log of your activity



Fun ways to move using a deck of cards or spelling out your name!

Use a deck of playing cards. Draw a card and complete the exercise to match your card. So if I drew a 7 of hearts I would do 7 crunches. See how many cards you can do in 20 minutes.



DECK OF CARDS WORKOUT

♥ = CRUNCHES
♦ = BURPEES
♣ = SQUATS
♠ = PUSH UPS

NUMBERS:
1-10: Number of Reps
Jack: 11 Reps
Queen: 12 Reps
King: 13 Reps
Ace: 14 Reps
Joker: 5 Reps Each Exercise

www.skinnymommyfitness.com

Spell out your name and do the following exercise for each letter of your name. Can you spell your entire name?



Fit activity for kids
what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times	N pick up a ball without using your hands
B spin around in a circle 5 times	O walk backwards 50 steps and skip back
C hop on one foot 5 times	P walk sideways 20 steps and hop back
D run to the nearest door and run back	Q crawl like a crab for a count of 10
E walk like a bear for a count of 5	R walk like a bear for a count of 5
F do 3 cartwheels	S bend down and touch your toes 20 times
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17
H hop like a frog 8 times	U roll a ball using only your head
I balance on your left foot for a count of 10	V flap your arms like a bird 25 times
J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15
K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15
L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10
M do 3 somersaults	Z do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM