

Putney Central
Physical Education

Daily Activity Challenges - PK/K

Complete each challenge. When finished, mark an **X** next to that day's challenge.

Day	Challenge	Complete ?
Sample Day	How many jumping jacks can you do in 15 minutes? Do your 'jacks in sets of 25 with a break in between.	X
Day 1	Push up OR Wall Push-ups (just like push-ups but are done standing against a wall). Do 10 sets of 3. $10 \times 3 = 30$ total push ups.	
Day 2	Make a sock ball and complete the tossing challenges below or use this link .	
Day 3	Squats - Do 5 sets of 6. $5 \times 6 = 30$ total squats	
Day 4	Jumping Jacks - Do 5 sets of 10 Jumping Jacks $5 \times 10 = 50$ total jumping Jacks	
Day 5	Run 5 laps around the house OR 15 laps around the car OR make your own movement course inside and complete several laps.	
Day 6	Mark out ten feet, use something to mark the distance like socks, pillows, or recyclables. Complete the Animal Workout posted below.	
Day 7	Push up OR Wall Push-ups (just like push-ups but are done standing against a wall). Do 10 sets of 3. $10 \times 3 = 30$ total push ups.	
Day 8	Make a sock ball and complete the tossing challenges below or use this link .	

Putney Central
Physical Education

Day 9	Create an obstacle course in or around your house. Complete three time trials on the course. Each trial, try to beat your previous time.	
Day 10	Jumping Jacks - Do 10 sets of 10 Jumping Jacks $10 \times 10 = 100$ total jumping Jacks	
Day 11	Mark out ten feet, use something to mark the distance like socks, pillows, or recyclables. Complete the Animal Workout posted below.	
Day 12	Jumping Jacks - Do 5 sets of 10 Jumping Jacks $5 \times 10 = 50$ total jumping Jacks	
Day 13	Create an obstacle course in or around your house. Complete three time trials on the course. Each trial, try to beat your previous time.	
Day 14	Make a sock ball and complete the tossing challenges below or use this link .	

Tossing Challenges:

Level 1) Toss and catch with two hands - repeat 20 times.

Level 2) Toss and catch with right hand - repeat 20 times.

Level 3) Toss and catch with left hand - repeat 20 times.

Level 4) Toss - clap - catch - repeat 10 times

Level 5) Toss - clap catch - how many times can you clap before you catch it again.

Level 6) Trick toss - make up a cool trick toss and catch. It could be between your legs or behind your back - Repeat 10 times.

Animal Workout

*Mark out ten feet - complete each exercise to and back (ten feet there, ten feet back)

- 1) Walk
- 2) Lunge (large steps, knee bends and almost touches the floor, but doesn't).
- 3) Army Crawl
- 4) Bear Crawl (2 feet, 2 hands, belly button facing down)
- 5) Baby Crawl (hands and knees)
- 6) Hop (one foot there, other foot back)
- 7) Walk backwards
- 8) Crab walk (2 feet, 2 hands, belly button facing up)