

PHYSICAL EDUCATION ACTIVITIES



LET'S ALL WARM-UP THE AMVET WAY

This week's warm-up comes from Mrs. Johnson at AmVet. Each week we will highlight a different school in town.



K-2

Now you are warmed up and ready to go. Try this fun activity!

3-5

You are all warmed up and ready for some fitness challenges.

MY MISSING LETTER

Make up on your own and keep moving. PLA___? Do a 30 second plank!

FITNESS CHALLENGES

You can do these challenges over and over to try to improve your score. Don't forget to tell your teacher how you did.

We want to hear from you! Send an email to your teacher and share your stories. Write about what you are doing to stay busy and active.

[Mr. Kayata at Falls](#)

[Mrs. Johnson at Amvet](#)

[Mr. San Juan at Roosevelt](#)

[Mrs. Garrott at Community](#)

[Mrs. Parker and Mrs. Monahan at Martin](#)