

PHYSICAL EDUCATION ACTIVITIES

→ LET'S ALL WARM-UP THE AMVET WAY

This week's warm-up comes from Mrs. Johnson at AmVet.



Grades K-2

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

PHONE NUMBER FITNESS

Keep trying this throughout the week. Did it help you learn a phone number that you didn't know before?

Grades 3-5

You are all warmed up and ready for a running challenge.

STREET LIGHT RUNNING CHALLENGE

You can do this challenge every day. Keep track of how long it takes and how you feel. When does it get easier? How fast did you get?

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](#)