

## 5<sup>th</sup> Grade Physical Education E-learning day

5 minutes-Movement time (students can run, jump, skip, hop or dance) Turn on some music and have fun with it!

Sitting flexibility

Legs straight feet together stretch

Legs apart – right left and middle

Butterfly

20 Sit-ups

10 Push-ups

25 Jumping jacks

Right over left/left over right

Arms behind back/shoulder stretch

Balance right/left

Repeat 5 minutes of movement time

Don't forget these are the same exercises we do in class each day so you should be familiar with all of them. Have a great day!

Ms. Ousley