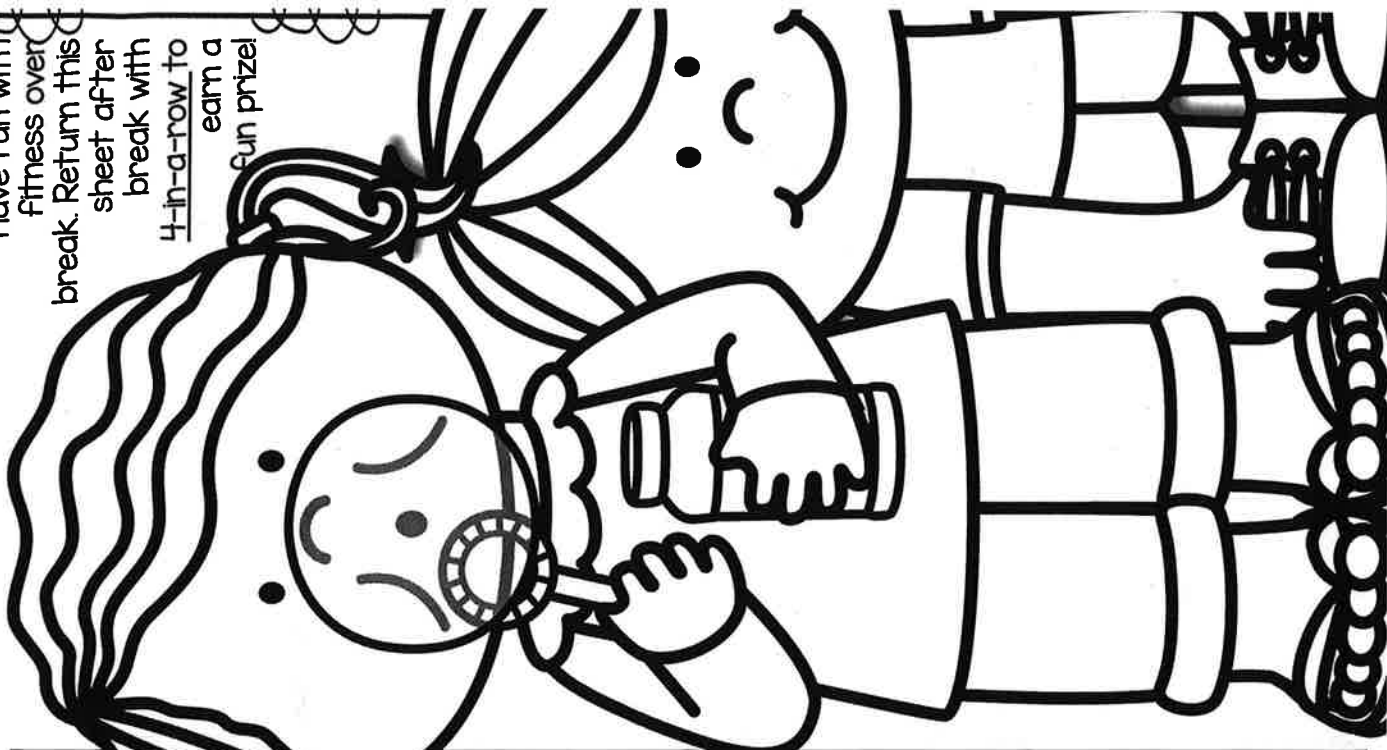



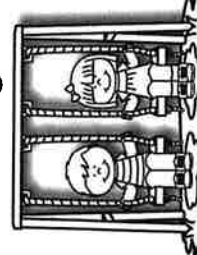


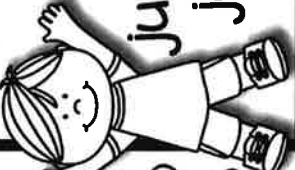

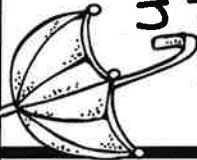


Hello Deep Roots families,

In order to continue our physical education class while at home, this packet contains a list of exercises and activities to be done during your time at home. K-2 students will complete their “bingo card” by doing an activity and then marking off that space. Students in grades 3-5 will complete the home exercise packet, with parents signing off that they finished. If there any questions, please contact Mr. Grogan. cgrogan@deeprootscs.org or at (717) 615-2382

SPRING BREAK Workout

Have fun with fitness over break. Return this sheet after break with 4-in-a-row to earn a fun prize!



<p>learn a new jump rope trick</p> 	<p>play on the swings</p> 	<p>go for a bike ride</p>	<p>practice tying your shoes</p> 
<p>20 sit-ups</p> 	<p>play tag outside</p>	<p>plant flowers</p>	<p>play hide and seek</p>
<p>20 jumping jacks</p> 	<p>20 push-ups</p> 	<p>pick up all your toys & put them away</p> 	<p>use an umbrella in the rain</p>
<p>blow bubbles</p> 	<p>go swimming</p>	<p>go down the slide 10 times</p> 	<p>hop in place for 2 min.</p>