

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

Workout One

Wall sits- Sit with your back against a wall and knees at a 90 degree angle. Try to hold the position for 1 minute.

Squats- sit in the imaginary chair then push back up. Try to get to ten!

Repeat 3x each

Workout Two

Sit ups- laying flat on your back sit your elbows up to your knees. Try to get 15.

Plank- Rest your body on your elbows and then keep your body straight like a board. Try to hold for 45 seconds

Repeat 3x each

Workout Three

Pushups- pushup with your hands under your shoulders, keeping your body straight. Try to get 15

Repeat 3x each

Workout Four

Choose a workout to repeat!