



## Physical Education @ Home

With everyone at home we have to remember to move our bodies! You should still try to be active for about one hour a day. Here is an activity game you could use to help in keeping active.

### Playing card Fitness

You need a deck of cards for this activity. Pick one card at a time and complete the activities below for each card you pick. Each player can do the activity individually or you can do the activity as a group.

<b>Ace:</b> 15 Jumping Jacks	<b>Queen:</b> 10 alternating toe touches	<b>King:</b> 3 Planks for 30 seconds each
<b>Jack:</b> Jog in place for 1 minute	<b>10:</b> 5 sets of waist bends - right, center, left counts as one	<b>9:</b> Butterflies, over for 30 seconds
<b>8:</b> 15 Arm circles forward	<b>7:</b> 15 Arm circles backward	<b>6:</b> 10 Push ups against the wall
<b>5:</b> Go up and down your stairs 3 times (if you don't have stairs, jog in place for 90 seconds)	<b>4:</b> Reach up and then touch your toes 10 times	<b>3:</b> 15 sit-ups or crunches
<b>2:</b> 15 Squats	<b>Joker:</b> Your choice	<b>Have fun and stay active!</b>

Looking forward to seeing all of you in school.

Mrs. Kelly



ACADEMIES @ GBDS

Gerrard Berman Day School