

Mr. Grosz
Elementary Phy Ed – Wahpeton Elementary & Zimmerman Elementary

	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Activity:	Go for a walk/jog outside with a family member. Do 20 Crisscross jumps at the end of each block.	Do 26 Spiderman Push-ups (13 Each Way)	Go for a walk/jog outside with a family member.	Do 26 Double Water Cup Squats (Single Water Cup if too difficult)	Your Favorite Fitness Activity!
Game:	<p>For Coordination: Self-Catch from the floor!</p> <p>Lie on the floor with a ball. Holding the ball with one or two hands, throw the ball up in the air and try to catch it!</p> 	<p>For Balance: Cup Zig Zag Race!</p> <p>Set up at least 3 cups in a room of your house. Pick a starting point. From there, run to the first cup and zigzag through the cups to the finish line. Complete 5 races going right, and five races going left!</p> 	<p>For Spatial Awareness: Bat Spin Race!</p> <p>It doesn't have to be a bat. It can be any stick-like object. Placing the stick-like object on the ground and the other to about your forehead. Spin 5 circles grab the washcloth/towel and drop it into the bucket!</p> 	<p>Fun Physical Activity: Egg & Spoon Race!</p> <p>If you are feeling daring, and your PARENTS LET YOU, use a raw egg. If not, use a hardboiled egg. Hold a metal, plastic, or wooden spoon in your hand, balancing the egg on the end. Make a starting point, move to one side of the room and back!</p> 	<p>For Rhythm: We Will Rock You – Queen Stomp, Stomp, Clap!</p> <p>Do your best to stay with it! On the beats of the song, do your best to keep up with the beats!</p> 

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Please check out the website we built online. We'll be posting videos on there!

Here is the website: <https://jacobgrosz.wixsite.com/website>

Thanks,

We miss you guys! We hope to be back in school soon!

Mr. Grosz & Mr. McCall

If you have any questions or concerns, please email me at Jacob.grosz@k12.nd.us

