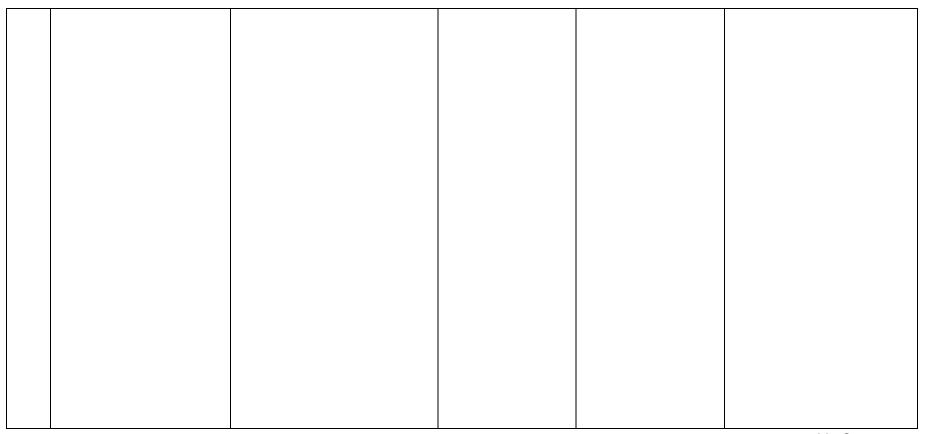
Mr. Grosz Elementary Phy Ed – Wahpeton Elementary & Zimmerman Elementary

	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:	For Coordination: Self-Catch from the floor! 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!	For Balance: Cup Zig Zag Race! 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!	For Spatial Awareness: Bat Spin Race! 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!	Fun Physical Activity: Egg & Spoon Race! 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!	For Rhythm: We Will Rock You – Queen Stomp, Stomp, Clap! Do your best to stay with it! On the beats of the song, do your best to keep up with the beats!



Mr. Grosz

Elementary Phy Ed – Wahpeton Elementary & Zimmerman Elementary

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