

Student Name: _____ PE Snow Packet

These are 15 exercises your child will need to complete. She/he needs to choose 3 to do each Snow Packet Day. S/he may not repeat any exercise. S/he needs to list each exercise as it is completed. Please sign on the line after each Snow Packet Day to verify completion.

EXERCISES:

10 Push Ups	30 Crab Kicks	30 Forward Bicycles
15 Frog Jumps	30 Jumping Jacks	30 Backward Bicycles
15 Burpees	30 Scissor Jumps	30 sec. Wall Sit
15 Curl Ups	20 Mt. Climbers	1 min. Run in Place
30 Kangaroo Hops	30 CC Skiing Jumps	30 Downhill Skier Jumps

Return after Snow Packet #5

Day 5: Student's Name: _____

Parent Signature: _____

cut and return bottom strip after Snow Packet #4

Day 4: Student's Name: _____

Parent Signature: _____

cut and return bottom strip after Snow Packet #3

Day 3: Student's Name: _____

Parent Signature: _____

cut and return bottom strip after Snow Packet #2

Day 2: Student's Name: _____

Parent Signature: _____

cut and return bottom strip after Snow Packet #1

Day 1: Student's Name: _____

Parent Signature: _____