**PE Learning Packet #11-20. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Grades K-2 – Complete the following ABCs of PE**

**A –** 20 arm circles forward and backward

**B –** Balance on one foot

**C –** 10 crunches

**D –** Dance

**E –** Elephant Walk

**F –** 10 Frog jumps

**G -** Gallop

**H -** Hop around your house

**I –** Ice Walking (Walk around like you are walking on ice)

**J –** 20 Jumping Jacks

**K -** Knees Up

**L –** Log Rolls

**M -** Mountain Climbers

**N -** Nothing – take a one minute break

**O -** 20 Overhead Arm Pulls

**P -** Push Ups

**Q -** Quad Stretches

**R -** Run in Place for 30 seconds

**S –** 10 squats

**T -** Trunk Twists

**U -** Upper Cut Air Punches

**V –** Victory Dance

**W -** Wall Sit

**X -** X-Stretch (Make your body like an X)

**Y -** Your Choice (of exercise)

**Z -** Zig zag run around your house