

HOME HEALTH/PE CALENDAR

WEEK 1	HEALTH	P.E.
SUN	60 Second Deep Breathes	60 Second Squats (3X today)
MON	Name 10 Fruits	Walk with Family
TUE	Name 10 Vegetables	20 Burpees (3X today)
WED	Did you Floss?	Jog in place + Explain Sportsmanship
THUR	You are thankful for...	Teach Family 3 Exercises
FRI	Drink only Water!	Jump the ABC's
SAT	Put on some Music	Dance to Song