P.E Grade 3

Instructions:

- ➤ The learners are required to complete an action or series of actions for each letter that spells each day of the week.
- ➤ The learners are familiar with most of the actions but will require demonstration as a reminder ©

Activity – (Locomotor and Co ordination)

Daily Fitness Challenge for Kids

A: 10 Jumping Jacks N: 4 Lunges

B: 30 Second Plank O: 3 Burpees

C: Crab Walk P: 10 Second Butterfly

D: 10 Push Ups Q: Run in Place 1 Min

E: 10 Sit Ups R: 7 Jumping Jacks

F: 5 Cartwheels S: 4 Leg Kicks

G: Headstand T: 5 Sit Ups

H: 4 Somersaults U: 15 Second Plank

I: Duck Walk V: 3 Cartwheels

J: Jump In Air 5 Times W: Crab Walk

K: Touch Toes 6 Times X: 2 Somersaults

L: Spin Around 3 Times Y: 5 Lunges

M: 10 Leg Kicks Z: Duck Walk

Spell each day of the week for a daily workout!