

PE Activities for 5th-8th Grade

Week 1	100 Push Ups	200 Jumping Jacks	Dance to your favorite music for 15 minutes	100 Squats	Outside Free Activity for 20 minutes
Week 2	3 Reps of 3 minute Planks	3 Sets of 15 Burpees	Dance to your favorite music for 15 minutes	100 Sit Ups	Outside Free Activity for 20 minutes
Week 3	10 Minute Run in Place or Around Your Yard	100 Push Ups	Dance to your favorite music for 15 minutes	200 Jumping Jacks	Outside Free Activity for 20 minutes
Week 4	100 Squats	3 Reps of 3 minute Planks	Dance to your favorite music for 15 minutes	3 Sets of 15 Burpees	Outside Free Activity for 20 minutes
Week 5	100 Sit Ups	10 Minute Run in Place or Around Your Yard	Dance to your favorite music for 15 minutes	100 Push Ups	Outside Free Activity for 20 minutes

Just keep moving

