

P.E.T.S PHYSICAL EDUCATION TIME SLIPS

Directions: Select an activity from the dogtag options below, one for each day. Perform The PETS yourself or with your family. You can cut out and collect the dogtags or color them in as you complete them or write them or tape them on a calendar to keep track of your daily physical activity.

20 Walking

Lunges

Each Leg

50 Squats

90 degree at knee

Hands Up

"BRING SALLY UP"

Plank Challenge

1 minute

Jog a Mile

Record Your Time

**20 Full Tricep
Chair Dips**

(90 degree knee bend is
fine)

**Play an outdoor
Recreational
Game with Friends
or Family 20 mins**

2 Minute

Wall Squat

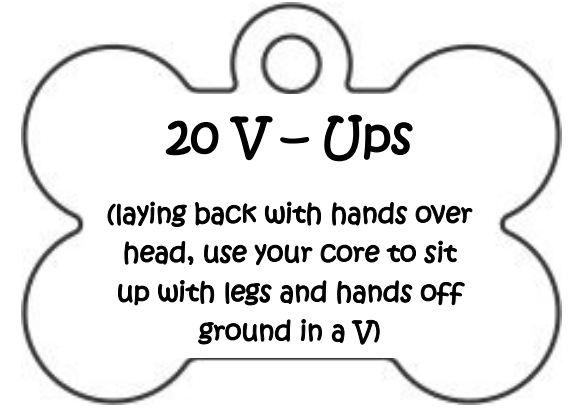
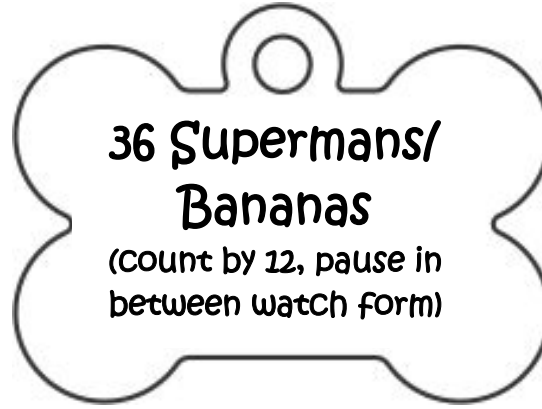
90 degree at knee

Hands Up

**Perform 3
Strength Poses
and 3 relaxation
poses hold each for 1
min**

25 Full BURPEES

Push Up, Pop feet in,
Jump up, Squat down
to Plank, Repeat





**50 Calf
Raises**

**30 Consecutive
Turns Jumping
Rope**

**Play a Sport
with Friends
and Family**

**40 Torso
Twists w/legs
raised (pause
when needed)**

**40 Reverse
Crunches**
(bring bent leg from
ground to chest)

10 Bridges
Support/Protect your
Neck- only do if know
how to safely)

**Create a 2
minute Dance
Routine**

4 minute Tabata
(one your teacher provided
or your own 8 high intensity
exercises for 20 seconds
with 10 sec rest

**CREATE
YOUR OWN**
