

Blizzard Bag
Physical Education
Grades 1 and 2

Day 1: Complete the following exercises: 8 jumping jacks, touch your toes 8 times, run in place for 15 seconds and do 8 small arm circles forward and 8 small arm circles backwards.

Day 2: Dance to your favorite song(s).

Day 3: Complete the following exercises: 10 chair squats, 10 wall push-ups, balance on each foot for 10 seconds, march in place for 15 seconds with high knees and do 8 shoulder circles forward and 8 shoulder circles backwards.