

**Blizzard Bag**  
**Physical Education**  
**Grades 3-4**

**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, 5 push-ups, 15 sit-ups, plank for 20 seconds, balance on each foot for 15 seconds and run in place with high knees for 15 seconds.