

Kendale Lakes Elementary Physical Education Log

Student Name:	
Week of:	_ Homeroom Teacher:

Day of the	Daily Assignment	Additional	Parent
week	(Choose 2 per Day and QUEST Choose 1 per Day)	Exercises (Optional)	Signature
Monday	☐ Leg stretches- (example: right/left leg forward)		(Type Name
	☐ 3 sets of 10 jumping jacks		via email)
	□ 3 sets of 10 push ups		
	□ 3 sets of 10 sit ups		
	☐ 3 sets of One minute jumping rope skill(running		
	in place) 30 sec rest in between		
Tuesday			(Tyma Nama
Tuesday	☐ Leg stretches- (example: right/left leg forward)		(Type Name via email)
	☐ 3 sets of 10 jumping jacks		via ciliali)
	□ 3 sets of 10 push ups		
	☐ 3 sets of 10 sit ups		
	☐ 3 sets of One minute jumping rope skill(running		
	in place) 30 sec rest in between		
Wednesday	☐ Leg stretches- (example: right/left leg forward)		(Type Name
l can and	□ 3 sets of 10 jumping jacks		via email)
	□ 3 sets of 10 push ups		ŕ
	□ 3 sets of 10 pash aps		
	□ 3 sets of One minute jumping rope skill(running		
	in place) 30 sec rest in between		
	r		
Thursday	☐ Leg stretches- (example: right/left leg forward)		(Type Name
	☐ 3 sets of 10 jumping jacks		via email)
	□ 3 sets of 10 push ups		
	☐ 3 sets of 10 sit ups		
	☐ 3 sets of One minute jumping rope skill(running		
	in place) 30 sec rest in between		
Friday			(Type Name
Friday	☐ Leg stretches- (example: right/left leg forward)		via email)
	☐ 3 sets of 10 jumping jacks		,
	☐ 3 sets of 10 push ups		
	□ 3 sets of 10 sit ups		
	☐ 3 sets of One minute jumping rope skill(running		
	in place) 30 sec rest in between		