

Name: _____

Puzzle B-1

Kids' Sudoku

Level: Getting Harder

How to play:

Each row (across) must contain the numbers 1 through 9.
Each column (up and down) must contain the numbers 1 through 9.
Each square box must contain the numbers 1 through 9.

		1		6	5		3	7
3				2	9	1	6	
	6	4						
	2	8			4			3
			1		7			
5			2			6	9	
4						5	2	
	5	6	9	4				8
9	1		5	8				



Physical Education

ACTIVITY LOG

April 13 - 19

Use this activity log to track your physical activity minutes for one week. Have an adult sign their initials next to each day that you complete 30-60 minutes. Do the Warm-Up Daily Routine, pick one fitness activity from list on back, pick one activity from list on back, and complete the cool-down. (Example day is done for you)

Day	Warm-Up	Fitness	Activity	Cool-Down	Total
<i>Example Day</i>	<i>Daily Routine - 5 Min</i>	<i>One Minute Challenge Push Ups - 1 Min</i>	<i>Walk The Dog - 20 Min</i>	<i>Cool-Down - 5 Min</i>	<i>31 Minutes</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Goals for the week:

1. The Students Will Be Able To (TSWBAT) complete at least 30 minutes of activity 5 days a week.
2. TSWBAT complete one DARBEE workout during the week.

Reason:

- During this tough time, students need to really focus not only on school, but themselves. Being physically active, even at home, is very important to help with the mental and physical state of the student. Please really try to get some activity in each day. This will help get everyone through this tough time.

Contact Info:

Mr. Peeler
Mrs. McBride

Phone Number - (541) 972-3997
Phone Number - (541) 362-4757

Email - jpeeler@fernridge.k12or.us
Email- cmcbride@fernridge.k12.or.us



Physical Education

ACTIVITY LOG

Warm-Up Daily Routine:

1. Stork Pose - 15 Seconds on Each Leg
2. 10 Push-Ups
3. 20 Swimmers
4. 30 Second Plank
5. 10 Small Crunches
6. 10 Oh-No's
7. 10 Heel Touches

Cool-Down:

Pick 5 muscles to stretch each day and hold each stretch for 20 seconds.

- Examples - Quads, Hamstrings, Calfs, Triceps, etc.

Fitness Activities:

1. One Minute Challenges - Do as many as possible for one minute
 - a. Push-Ups
 - b. Sit-Ups
 - c. Air Squats
 - d. Jump Squats
 - e. Burpees
 - f. Plank
 - g. Jumping Jacks
 - h. Jump Rope
2. Tabata - Pick 4 different exercises. Complete one exercise 8 times for 20 seconds of exercise and 10 seconds of rest. (Youtube has great examples)
 - a. Example - 20 sec air squats/10 sec rest (repeat 8 times), 20 sec Oh-No's/10 sec rest (repeat 8 times), 20 sec plank/10 sec rest (repeat 8 times), 20 sec jumping jacks/10 sec rest (repeat 8 times)
3. Darbee Workouts - www.Darbee.com (great examples)
 - a. **Extra Mile** - 5 Rounds of: 20 March Steps, 10 Calf Raises, 20 March Steps, 20 Butt Kickers, 20 March Steps, 20 High Knees, 20 March Steps (2 minute rest between rounds)
 - b. **White Rabbit** - 5 Rounds of: 20 Arm Circles, 20 Jumping Jacks, 20 Arm Circles, 20 March Steps, 20 Arm Circles, 20 Jumping Jacks, 20 Arm Circles (2 minute rest between rounds)
 - c. **Rascal** - 5 Rounds of: 10 High Knees, 2 Jump Lunges, 10 High Knees, 2 Jump Lunges, 10 High Knees, 2 Jump Lunges, 10 High Knees, 2 Jump Lunges (2 minute rest between rounds)
 - d. **Burn-Out** - 3 Rounds of: 30 High Knees, 30 Arm Circles, 30 High Knees, 30 Arm Circles, 30 High Knees, 30 Arm Circles (2 minute rest between rounds)

Activity Examples:

Walk the Dog
Family Walk
Family Hike
Basketball
Badminton
Clean Horse Stalls

Frisbee
Yard Work
Dance Party
Clean House
Tag Game
Bike Riding

Play Catch
Stack Wood
Go for a Jog
Wiffle Ball
Soccer