



Ward School Parents,

Here are some activities that students can still complete at home to stay active:

Begin with dynamic warm up:

- High knees, kick backs, power skips
- Knee hugs, quad pulls, Frankenstein walk

Perform each activity for 20 seconds:

- Jumping jacks
- Ski jumps (side to side)
- Push ups or shoulder taps in push up position
- Sit-ups/crunches
- Hold a plank
- Burpees

Choose 3 activities to do every other day for 30 minutes:

- Brisk Walk or Light Jog
- Bike riding
- Jump rope
- Shoot baskets (if hoop isn't available)
- Have a catch (with a ball or frisbee)
- Bicep curls with cans of food
- Soccer passing/shooting
- GoNoodle for follow along dances

Sincerely,

The Ward Physical Education Department