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| Day 1 - Tuesday 3/17 | Day 2 - Wednesday 3/18 | Day 3 - Thursday 3/19 |
| Cosmic YOGA DAY  Do - Pokemon <https://www.youtube.com/watch?v=tbCjkPlsaes>  Or pick your own | Just Dance day  Complete 3 or more songs  Youtube just dance  Or  <https://www.youtube.com/watch?v=_g4CYKBN9L0>  <https://www.youtube.com/watch?v=FNOdJ9WHug4>  <https://www.youtube.com/watch?v=crKcSbdc728> | SOCK WRESTLING!  Challenge your family to a sock wrestling match  You can tuck another sock into your sock, if no scarf at home.  <https://twitter.com/Mr_SBairPE/status/1235277417926840322?s=20> |
| Day 4 - Friday 3/20 | Day 5 - Monday 3/30 | Day 6 - Tuesday 3/31 |
| Human Bop it day!  Complete the video 2x or more, get your family involved too.  <https://drive.google.com/file/d/1wt0FSB1ISxphMkCK4qCaZxvOVnHZn2Xe/view> | Cosmic Yoga  Do - <https://www.youtube.com/watch?v=fnO-lGEMOXk>  Spider man  Or choose your own | DANCE!  Do -  <https://www.youtube.com/watch?v=W59jPBFMOyI>  <https://www.youtube.com/watch?v=LgPtJ0pTutc>  <https://www.youtube.com/watch?v=58B4TVE-dT8>  <https://www.youtube.com/watch?v=dNL6RwymoNg&t=36s> |
| Day 7 - Wednesday 4/1  Exercise  Do  10 jumping jacks  10 push ups  10 squats  10 sit ups  Repeat 2 to 5 times (how many times can you complete it) | Day 8 - Thursday - 4/2  Basketball Day  Do  10 imaginary Jump Shots  5 imaginary dunks  5 cross over dribbles  5 imaginary passes  Repeat 2 to 5 times (how many times can you complete) | Day 9 Friday 4/3  Football  Do  10 imaginary Touchdown Passes  10 Push ups  10 squats  10 second wall sit  1 Touchdown dance celebration  Repeat 2 to 5 times (how many times can you complete) |

Submission For P.E. E-Learning Activities

Mr. Bair and Mr. Gardner love seeing our students and would love to see some photos or videos of them completing these tasks during our extended break.

Extra Dojo Points Can Be Earned For Your Students By Sending Us Photos Or Videos Through Class Dojo Or Twitter!!!!

Mr. Gardner - Twitter @MrGardner\_JPS

Mr. Bair - Twitter @Mr\_SBairPE

We are also connected to every class on Class Dojo.