

Weekly Activities Log 5th grade (Virtual Class)

May10-14

Name:

Group:

Activity	Monday	Tuesday	Wed	Thursday	Friday
Fitness:					
How many can you do?	Write how many you did:				
Push ups		x		x	
Sit- Ups	x	x	x		x
Static push up hold.	x			x	
Run on place (1 min)	x	x	x	x	x
Jumping jacks	x	x	x	x	x
Burpees exercises	x		x		x
Squats		x		x	
Squat Jump			x		x
Take 1-2 min brake between every section of fitness					
Skills:					
Try at least:	Write how long you did it:				
Ball handling skills.(7min) 1. left hand dribble. 2. right hand dribble. 3. changing hands.	x				x
Jump Rope (6min) 1. supper man style 2. bell jumps 3. crossing arms		x	x	x	
For extra credits: write down any other activity you have done and the time you have been doing it.					