

Weekly Activities LOG 4th grade (Virtual Class)

Activity	Monday	Tuesday	Wed	Thursday	Friday
Fitness:					
How many can you do?	Write how many you did:				
Sit- Ups	x		x		x
Push ups		x		x	
Run on place (counting)	x		x		x
Jumping jacks		x		x	
Burpees exercises	x		x		
Squats		x		x	
Skills:					
Try at least:	Write how long you did it:				
Dribble a ball (10min)	x				x
Jump Rope (5min)		x		x	
Hulla hoops (5min)			x		