

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	
Static push up hold.	x			x	
Run on place (counting)	x	x	x		x
Jumping jacks		x		x	
Burpees exercises	x		x		x
Squats		x		x	
Squat Jump			x		x
Skills:					
Try at least:	Write how long you did it:				
Dribble a ball (6min) with dominant han. with no dominant hand switching hands.	x				x
Jump Rope (6min) supper man style bell jumps crossing arms		x		x	
Hulla hoops (6min) around the neck around the wrist around the hips jumping hulla			x		