



# Hawks Physical Education Calendar

Each day you can choose your workout! Pick ONE of the daily exercises or choose an exercise to do from the daily choice list on the bottom of the page. Have Fun and Stay Active!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<a href="#">Card Deck Workout</a> (Click on Link)	<a href="#">Soccer Workout 1</a> (Click on Link) Complete Playlist in Order	<a href="#">PE with JOE</a> (Click on Link) Workout 1	<a href="#">Obstacle Course</a> (Click on Link) Higher Thinking Watch All Playlist	Juggle a soccer ball for 5minutes Or Dribble a basketball for 5 minutes
Week 2	<a href="#">Bat and Ball Skills</a> (Click on Link)	<a href="#">PE with Joe</a> (Click on Link) Workout 2	<a href="#">Captain America Workout</a> (Click on Link)	Find one Chore to do around the house and pick 2 daily choice options from the bottom of this page!	<a href="#">YouTube Cardio Workout</a> (Click on Link)
Week 3	<a href="#">Trolls-Happy Dance</a> (Click on Link) OR Dance to your favorite music for 10 minutes	Walk around while watching your favorite show OR <a href="#">Spider-Man Workout</a> (Click on Link)	<a href="#">PE with Joe</a> (Click on Link) Workout 3	<a href="#">Do as many burpees as you can in 3 minutes</a> (Click on Link) OR Go for a walk with your family	<a href="#">Space Jam</a> (Click on Link) OR Run in place or run around your house for 3 minutes
Week 4	Have a plank contest with someone OR Vacuum your house	<a href="#">PE with Joe</a> (Click on Link) Workout 4	<a href="#">GoNoodle Workout</a> (Click on Link) OR Play catch with someone	<a href="#">Star Wars-Sith Workout</a> (Click on Link) OR Play outside for 20 minutes	Choose any (2) activities from the calendar and (1) daily Choice
Week 5	<a href="#">Star Wars Tabata Workout</a> (Click on Link) OR Do a household Chore	<a href="#">Tony Stark Workout</a> (Click on Link) OR <a href="#">4 rounds of 10 sit ups</a> (Click on Link)	<a href="#">PE with Joe</a> (Click on Link) Workout 5	<a href="#">Star Wars-Jedi Hit Workout</a> (Click on Link) OR 2 rounds of 25 Jumping Jacks	<a href="#">Fortnite Dance Workout</a> (Click on Link) OR <a href="#">Thor Workout</a> (Click on Link)

## Daily Choices

- Build a fort
- Create a Dance and Share it with others
- Create a fitness routine
- Ride a Bike
- Help with Chores
- Create an indoor obstacle course
- Take a family hike for 20 minutes
- Take a break from TV/Video games and exercise
- Build a tower of plastic cups and bowl it over with a ball
- Play outside for at least 15 minutes
- Create a new game
- Swim
- Jump Rope/Jumping Jacks for 5 minutes
- Walk the family pet
- Create your own fitness circuit with what you have at home