Aspen PE 3rd-5th Grade Daily Fitness Log

1. **Pick one upper body, one lower body, and one Ab workout per day and do 3 sets of 10 reps. (See example on next page).**
   - **On Fridays please skip the warm-up and complete an activity only.**
2. **Select an activity from the 20-30 minute activity list or a video from the video resources list (on the next page) and log it in on your Daily Fitness Log. If you are doing any remote classes or sports through an outside program you could put those in as your activity. Examples (gymnastics, cheer, dance, karate, etc.)**

****- You can either click "File" and click "Make a copy" to create a new document or write it out on a piece of paper.**

Name:

Daily Fitness Log

Week 1 (4/13-4/17)	**Monday** Upper body: Lower body: Ab's: Activity:	**Tuesday** Upper body: Lower body: Ab's: Activity:	**Wednesday** Upper body: Lower body: Ab's: Activity:	**Thursday** Upper body: Lower body: Ab's: Activity:	**Friday** Activity:
Week 2 (4/20-4/24)	**Monday** Upper body: Lower body: Ab's: Activity:	**Tuesday** Upper body: Lower body: Ab's: Activity:	**Wednesday** Upper body: Lower body: Ab's: Activity:	**Thursday** Upper body: Lower body: Ab's: Activity:	**Friday** Activity:
Week 3 (4/27-5/1)	**Monday** Upper body: Lower body: Ab's: Activity:	**Tuesday** Upper body: Lower body: Ab's: Activity:	**Wednesday** Upper body: Lower body: Ab's: Activity:	**Thursday** Upper body: Lower body: Ab's: Activity:	**Friday** Activity:
Week 4 (5/4-5/8)	**Monday** Upper body: Lower body: Ab's: Activity:	**Tuesday** Upper body: Lower body: Ab's: Activity:	**Wednesday** Upper body: Lower body: Ab's: Activity:	**Thursday** Upper body: Lower body: Ab's: Activity:	**Friday** Activity:
Week 5 (5/11-5/15)	**Monday** Upper body: Lower body: Ab's: Activity:	**Tuesday** Upper body: Lower body: Ab's: Activity:	**Wednesday** Upper body: Lower body: Ab's: Activity:	**Thursday** Upper body: Lower body: Ab's: Activity:	**Friday** Activity:
Week 6 (5/18-5/22)	**Monday** Upper body: Lower body: Ab's: Activity:	**Tuesday** Upper body: Lower body: Ab's: Activity:	**Wednesday** Upper body: Lower body: Ab's: Activity:	**Thursday** Upper body: Lower body: Ab's: Activity:	**Friday** Activity:
Week 7 (5/25-5/29)	**Monday** Upper body: Lower body: Ab's: Activity:	**Tuesday** Upper body: Lower body: Ab's: Activity:	**Wednesday** Upper body: Lower body: Ab's: Activity:	**Thursday** Upper body: Lower body: Ab's: Activity:	**Friday** Activity:

Example:

Monday

Upper body: Push-ups (3 sets of 10)
Lower body: 30 sec. Wall squats (3 sets of 10)
Ab's: PE Sit-ups (3 sets of 10)
Activity: Riding a bike (30 mins)

Choose one exercise from each category.

Upper Body workout: 3 sets of 10 reps	Lower Body workout: 3 sets of 10 reps	Abdominal workout: 3 sets of 10 reps
Push ups (On knees)	30 sec. Wall Squats	P.E. Sit-ups
ABC Push ups	Lunges	Crunches
Push ups legs apart	Squats	Bicycle sit ups
Push-ups	Walking Lunges	Knee Raises
Incline push-ups	30 sec. Mountain Climbers	Leg Raises
Decline push ups	Calf Raises	Russian Twists
Bicep Curls (Soup Can)	Ladder (1 Foot in each)	30 sec Plank
Chair dips	**Hindu Squats**	***Scissors up and down***
Hindu Push ups	**Kick backs**	***Scissors side to side***
Shoulder shrug	**High Knees**	***Plank Jacks***
Shoulder circles	**Frog Jumps**	***Jack Planks to Mountain Climbers***
Back Extensions (New)	Side to Side Jumps (30 secs.) (New)	***10 min Ab workout (New)***
Superman (New)	**Forward Backward Jumps (30 secs) (New)**	

20-30 Minute Activity:		Video Resources
Soccer	Fitness video	Yoga Cosmic Kids
Basketball	Yoga	Go noodle
Tennis ball activities (Wall ball)	Step aerobics	Kidshealth.org
Table tennis	Speed stacking	**Movement Breaks**
Riding a bike	Kite Flying	**The Learning Station**
Riding a scooter	Frisbee golf	**34 Minutes of Kidz Bop Dance**
Rollerblading	Catch with Frisbee	**Classroom Exercises**
Skateboarding	Catch with baseball or tennis ball	**Beginner Fitness**
Walking	**Ladder Ball**	**Just Dance, I Like to Move it**
Walking your dog	***Upper body workout for kids***	**Move it**
Jogging	***Smart Ball Soccer***	Kid's Tabata
Sprint activities	***Smart Ball Basketball***	Fluency and Fitness
Ladder drills	***Limbo Stick Challenge (New)***	PACER Dance
Jump rope	***Ping Pong w pans (New)***	Would You Rather #1
HopScotch		**Would You Rather #2**
Obstacle course		**Would You Rather #3**
Ninja course		***PE Central***