

# 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.**

<b>Name:</b> _____					
<h2 style="margin: 0;"><u>Daily Fitness Log</u></h2>					
<b><u>Week 1 (4/13-4/17)</u></b>	<b><u>Monday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Tuesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Wednesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Thursday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Friday</u></b> Activity:
<b><u>Week 2 (4/20-4/24)</u></b>	<b><u>Monday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Tuesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Wednesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Thursday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Friday</u></b> Activity:
<b><u>Week 3 (4/27-5/1)</u></b>	<b><u>Monday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Tuesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Wednesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Thursday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Friday</u></b> Activity:
<b><u>Week 4 (5/4-5/8)</u></b>	<b><u>Monday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Tuesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Wednesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Thursday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Friday</u></b> Activity:
<b><u>Week 5 (5/11-5/15)</u></b>	<b><u>Monday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Tuesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Wednesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Thursday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Friday</u></b> Activity:
<b><u>Week 6 (5/18-5/22)</u></b>	<b><u>Monday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Tuesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Wednesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Thursday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Friday</u></b> Activity:
<b><u>Week 7 (5/25-5/29)</u></b>	<b><u>Monday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Tuesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Wednesday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Thursday</u></b> Upper body: Lower body: Ab's: Activity:	<b><u>Friday</u></b> Activity:

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**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)

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## Choose one exercise from each category.

<p><b><u>Upper Body workout:</u></b>  <b><u>3 sets of 10 reps</u></b></p> <p><a href="#">Push ups (On knees)</a>  <a href="#">ABC Push ups</a>  <a href="#">Push ups legs apart</a>  <a href="#">Push-ups</a>  <a href="#">Incline push-ups</a>  <a href="#">Decline push ups</a></p>	<p><b><u>Lower Body workout:</u></b>  <b><u>3 sets of 10 reps</u></b></p> <p><a href="#">30 sec. Wall Squats</a>  <a href="#">Lunges</a>  <a href="#">Squats</a>  <a href="#">Walking Lunges</a>  <a href="#">30 sec. Mountain Climbers</a>  <a href="#">Calf Raises</a></p>	<p><b><u>Abdominal workout:</u></b>  <b><u>3 sets of 10 reps</u></b></p> <p><a href="#">P.E. Sit-ups</a>  <a href="#">Crunches</a>  <a href="#">Bicycle sit ups</a>  <a href="#">Knee Raises</a>  <a href="#">Leg Raises</a>  <a href="#">Russian Twists</a></p>
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<b><u>20-30 Minute Activity:</u></b>	<b><u>Video Resources</u></b>
<p>Soccer skills  Basketball  Tennis ball activities (Wall ball)  Riding a bike  Riding a scooter  Rollerblading  Skateboarding  Walking  Walking your dog  Jogging  Sprint activities  Ladder drills  Jump rope  HopScotch  Obstacle course  Ninja course  Fitness video  Yoga  Step aerobics  Speed stacking</p>	<p><a href="#">Yoga Cosmic Kids</a>  <a href="#">Go noodle</a>  <a href="#">Kidshealth.org</a>  <a href="#">Movement Breaks</a>  <a href="#">The Learning Station</a>  <a href="#">34 Minutes of Kidz Bop Dance</a>  <a href="#">Classroom Exercises</a>  <a href="#">Beginner Fitness</a>  <a href="#">Just Dance, I Like to Move it Move it</a>  <a href="#">Kid's Tabata</a>  <a href="#">Fluency and Fitness</a></p>