

Week 4 Physical Education

Standards:

- **3.3 Participate 3-4 days each week, for increasing time, in continuous to moderate vigorous physical activity at appropriate intensity for increasing aerobic capacity**

Monday

- **Do activities 1,2 and 3 on the 2 x 2 fitness chart three times each**
- **Fill in Activity log for Monday**

Tuesday

- **Do activities 4, 5, and 6 on the 2 x 2 fitness chart three times each**
- **Fill in Activity log for Tuesday**

Wednesday

- **Do activities 7,8 and 9 on the 2 x 2 fitness chart three times each**
- **Fill in Activity log for Wednesday**

Thursday

- **Pick your favorite 3 activities on the 2 x 2 fitness chart and do them three times each**
- **Fill in Activity log for Thursday**

Friday

- **Do all of the activities on the 2 x 2 fitness chart at least once**
- **Fill in Activity log for Friday**