

Blizzard Bag Day 3 - Physical Education

Grade 1

Parents / Guardians - Thank you for helping your child to read the directions and complete the physical education activity in this blizzard bag assignment.

Outdoor physical activities to do for at least 15 minutes.

1. With your parent/adult guidance or permission please pick a outdoor physical activity to do. Examples are: sledding, building a snowman or fort, shovel snow, or anything else you might like to do in the winter outdoors.

(In the event that you are NOT able to go outside because of weather conditions please choose an indoor activity. Examples are: yoga poses, use the bottom stair as a step and go up and down for 5 minutes, play knee hockey, wall sit, or other activities that you are allowed to do indoors.)

Please write below the activity or activities that you did outside.

Please circle all that apply: Did the activity or activities you chose work your

HEART

UPPER BODY MUSCLES

LOWER BODY MUSCLES