

Your Name:



Fitness or Skill Legend
F=Fitness
S=Skill
Cardio: Hearth Healthy
Eye-Hand: Coordination between eye & hand & aiming at target
Flexibility (stretching your muscles_
ABS=Abdominal Strength
UBS=Upper Body Strength
LBS= Lower Body Strength

Mrs. Kohlwes: Juanita Elementary PE



FLIP THE COINS: FITNESS WORK OUT OR SKILL REVIEW ACTIVITIES

Directions: Flip three different coins 8 times (*quarter, dime, nickel*)

Perform the skill or do the fitness exercise described

& then record how many times you had to perform each skill or exercise in the right column.

MARCH 29th-APRIL 4th

Use drop down menu	COIN TOSS COMBINATION	SKILL OR FITNESS CHOICE	FITNESS/SKILL CATEGORY
	All three coins land on Tails	Stretch five different muscles groups for 20-30 seconds.	F/Flexibility
	All three coins land on Heads	Play with a family member in the backyard or large space in your house.	F/Cardio
	Quarter/Heads, Dime & Nickel/Tails	Perform sit ups or curl ups for 1 minute to strengthen your tummy muscles.	F/ABS
	Quarter/Heads, Dime/Heads, Nickel/Tails	Pretend you have a basketball and hoop in your house or back yard and do 50 imaginary slam dunks.	S/Basketball
	Quarter/Heads, Dime/Tails, Nickel/Heads	Skip Count to 1000 by tens while doing squats	F/LBS
	Quarter/Tails, Dime & Nickel/Heads	Take a walk, jog, or bike ride with your family while keeping your "social distancing."	F/Cardio
	Quarter/Tails, Dime/Heads, Nickel/Tails	Perform 60 clap jacks also known as jumping jacks	F/Cardio
	Quarter/Tails, Dime/Tails, Nickel/Heads	Jump Rope or jump in place for 1 minute.	F/S: Cardio - Jumps