

Name:
Date:
Period:

Directions:

This is an alternative assignment for the students that did not complete their Olympics essay. If you completed the essay, you do not need to do this.

Here you will do one activity on each of the days you would have had PE during the week (Periods 1-4 Mon/Wed/Thu, 5-8 Tue/Wed/Fri). Write or type in the activity you chose in the box and have your parent/guardian initial. You have several options of activities that you can do and they are listed below:

Choose 1 activity per day that you would have had PE

Do any 1 chore to help out around the house

- 50 push ups
- 100 squats
- 50 sit ups
- 100 burpees
- 100 jumping jacks

Day	Activity	Initials
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		