Bright Futures Academy

Suggested Physical Activities for Students
Physical Education (PE)
Coach Newby

Kindergarten, 1st, 2nd Grade:
Learn how to tie your shoes.
Line drill 10 second each (back and forth, side to side, split jumps, crisscross)
10 Jumping Jack
Run in place for 20 second
10 Squats

3rd, 4th, 5th Grade:
Line drill 10 second each (back and forth, side to side, split jumps, crisscross)
20 Jump Jacks 2x
Run in place for 30 second
15 Squats 2x
Run in place for 20 second
10 push 2x or 30 second planks 2x

Middle School:
Line drill 10 second each (back and forth, side to side, split jumps, crisscross)
30 Jump Jacks 2x
Run in place for 45 second
15 Squats 2x
Run in place for 30 second
10 push 2x or 30 second planks 2x