

# SNOW DAY PLANS

2017 - 2018

Physical Education

Ms. Moeller

## **Grades K - 2**

10 Sit-Ups

10 Jumping Jacks

Jog in place for 1 minute

Dance to 2 of your favorite songs

## **Grades 3 - 5**

2 Sets of 10 Sit-Ups

2 Sets of 10 Jumping Jacks

Jog in place for 3 minutes

Practice the electric slide and cupid shuffle