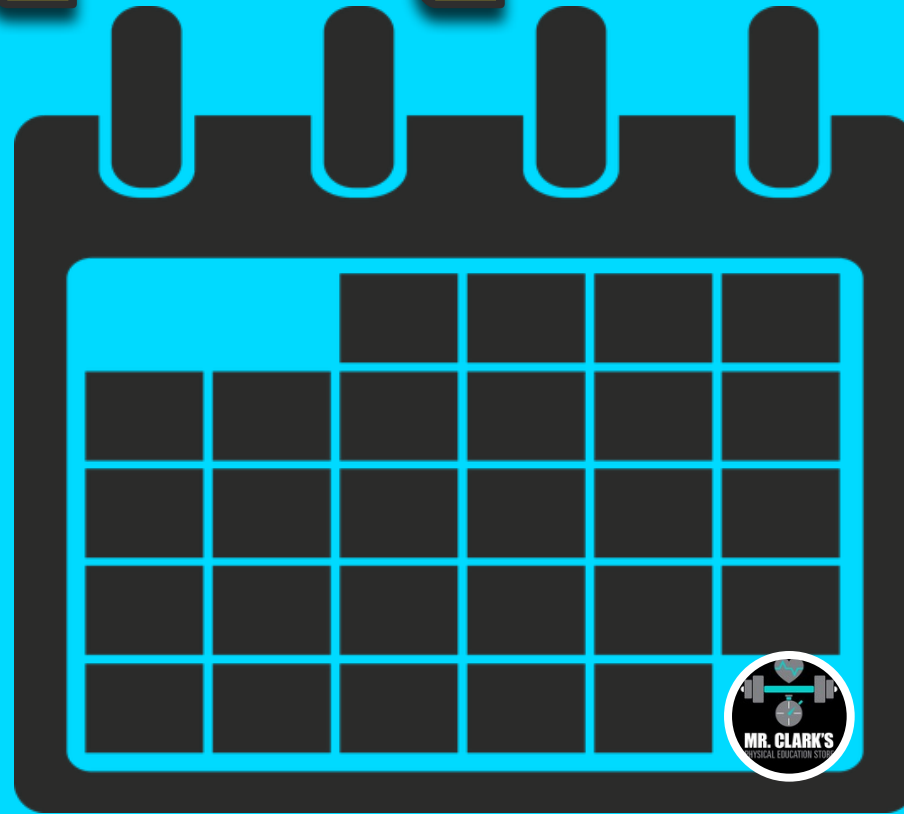
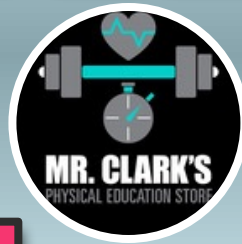


# HOME HEALTH/PE CALENDAR



**MR. CLARK'S PE**  
PHYSICAL EDUCATION / PERSONAL EMPOWERMENT

# check out



## MR. CLARK'S TPT STORE

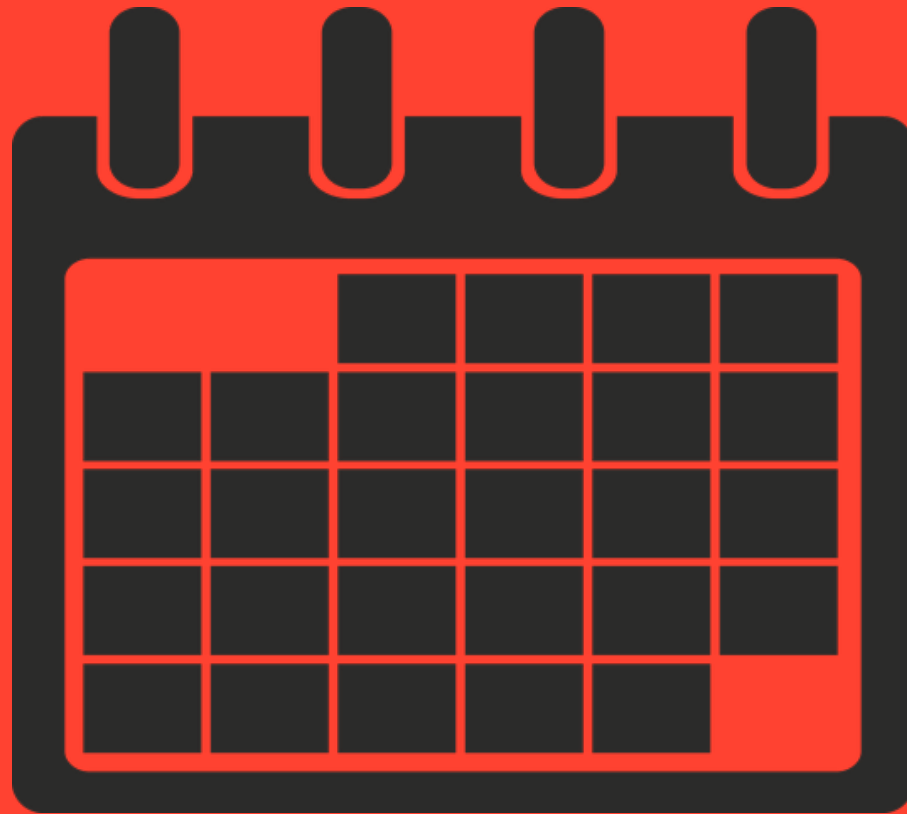


## MR. CLARK'S PE.COM

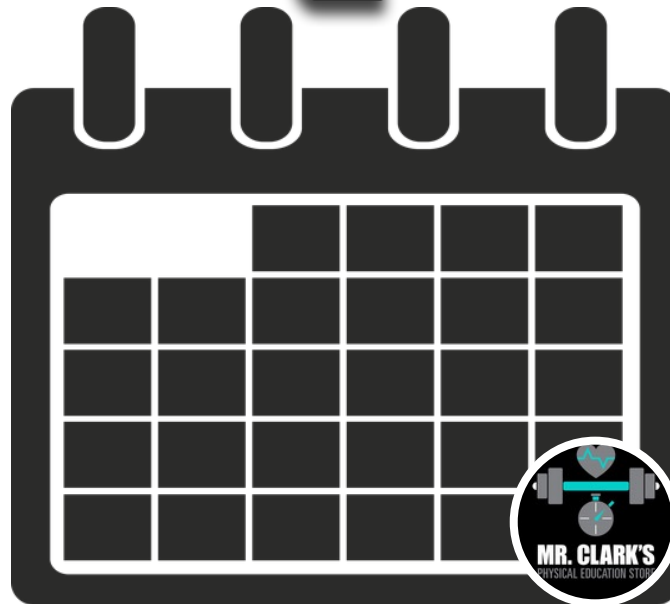


## Financially FREE teacher.com

# COVER page



# HOME HEALTH/PE CALENDAR



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name

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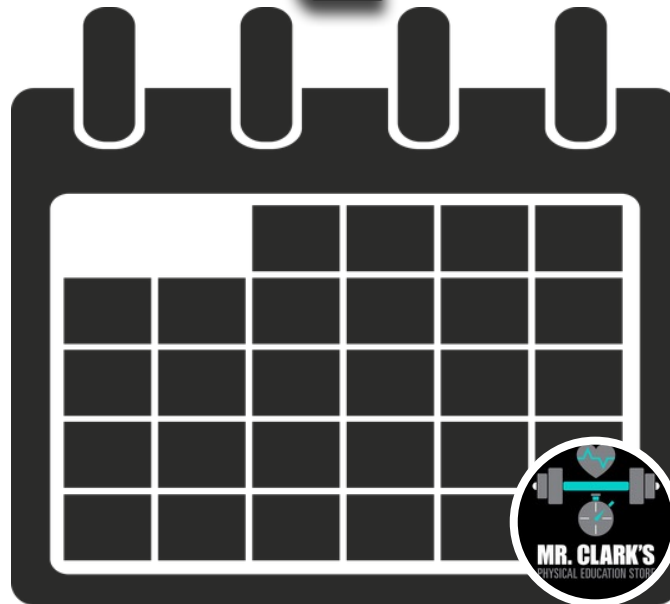
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# HOME HEALTH/PE CALENDAR



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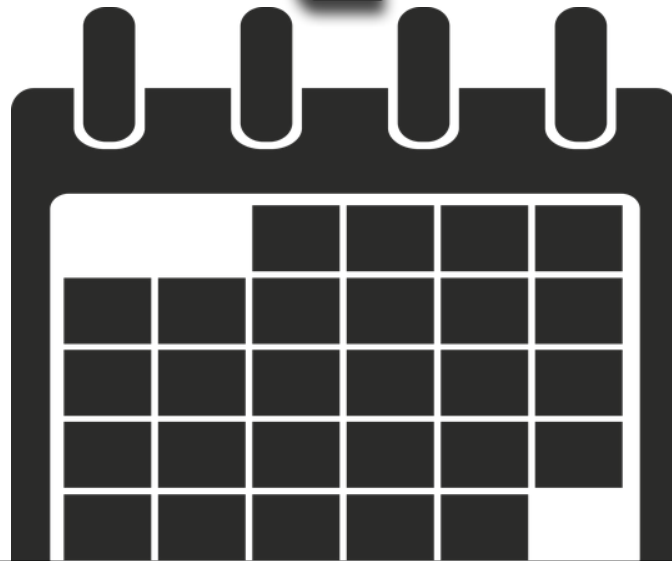
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# HOME HEALTH/PE CALENDAR



***I COMPLETED THE HOME HEALTH AND  
PHYSICAL EDUCATION CALENDAR.***

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**name**

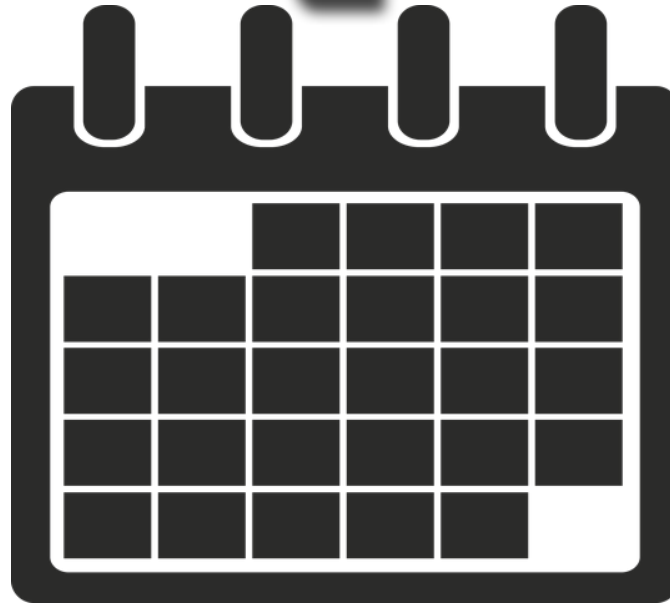
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# HOME HEALTH/PE CALENDAR



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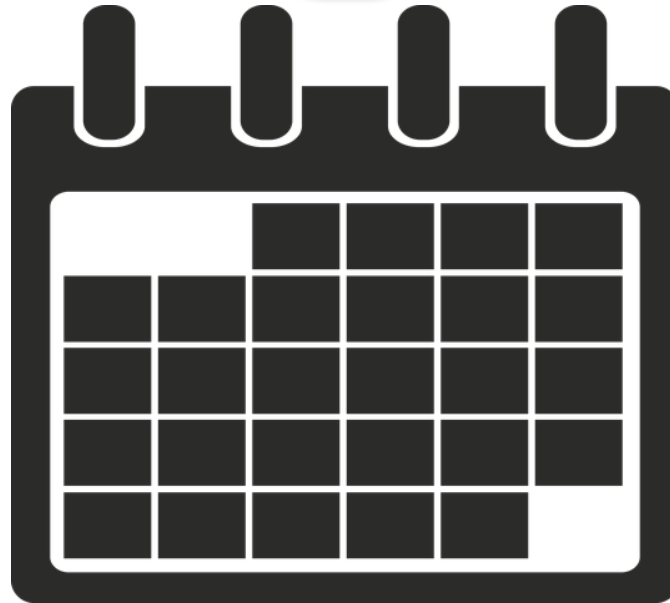
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# HOME HEALTH/PE CALENDAR



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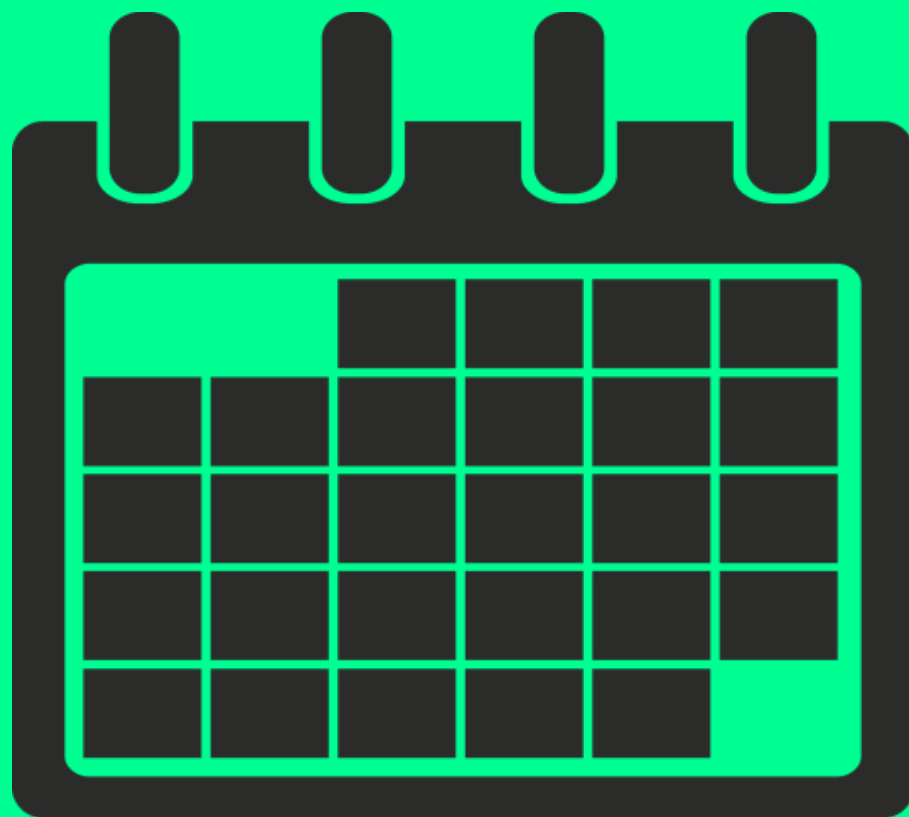
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# WEEKLY



# Home Health/PE Calendar

Week 1	Health	P-E-
SUN	60 Second Deep Breathes	60 Second Squats (3X today)
MON	Name 10 Fruits	Walk with Family
TUE	Name 10 Vegetables	20 Burpees (3X today)
WED	Did you Floss?	Jog in place + Explain Sportsmanship
THUR	You are thankful for...	Teach Family 3 Exercises
FRI	Drink only Water!	Jump the ABC's
SAT	Put on some Music	Dance to Song

# Home Health/PE Calendar

Week 2	Health	PE
SUN	Name 5 Good Habits	60 Seconds of Star Jumps (3X today)
MON	Write down what you eat today	Play with Family
TUE	Try 1 New Food	Do HW in Push-UP Position
WED	Meditate 5 Minutes	Move Like 7 Different Animals
THUR	Help Family make Dinner	Dance Party Time!
FRI	Compliment Everyone you See	Toss a Pillow 8 Different Ways
SAT	Write a Thank You Note	Time your Plank

# Home Health/PE Calendar

Week 3	Health	P.E.
SUN	What happens to your body when you Run?	Walk/Jog/Run/Sprint
MON	Sleep is important because?	Jog/Skip/Gallop/Hop
TUE	3 Deep Breathes every hour	Balance 5 Different Ways
WED	Help Clean 1 Room	Wall Squat Competition against Family
THUR	Brush teeth with Non-Dominant Hand	Do workout Video
FRI	Draw/Write for 7 Minutes	Play Outside (weather pending)
SAT	Help 3 People	Do 4 Exercises-Muscular Endurance



# Home Health/PE Calendar

Week 4	Health	PE
SUN	Learn 6 Facts about Your Brain	Family Workout Video Time!
MON	What is Stress?	Make shapes with body
TUE	Find your Heart Rate?	Jump your family's names
WED	Close your eyes. Name 6 things in the room!	Crab walk around your home
THUR	Wash your Hands 5x today!	Teach family 7 Ways to Move
FRI	Lay down and do a Body Scan	Act out 8 Sports
SAT	Day without T.V.?	Move to Music

# Home Health/PE Calendar

Week 5	Health	PE
SUN	Learn 4 Facts about Your Heart	10 Burpees (Do 6X today)
MON	What is Mindfulness?	Bear crawl around home
TUE	Check your Pulse (5X today)	Push-UPS in 60 seconds (Do 3X today)
WED	Name 8 Things you Like about Yourself!	Exercise of your choice (Do 3x today)
THUR	Help do a Chore	Teach family 3 Exercises
FRI	Watch video on Health	Create movement routine
SAT	Day without Cell Phone/Technology?	Family Walk/Bike Ride

# HOME HEALTH/PE CALENDAR

HOME HEALTH/PE CALENDAR		
WEEK 1	HEALTH	P.E.
SUN	60 Second Deep Breaths	60 Second Squats (3X today)
MON	Name 10 Fruits	Walk with Family
TUE	Name 10 Vegetables	20 Burpees (3X today)
WED	Did you Floss?	Jog in place + Explain Sportsmanship
THUR	You are thankful for...	Teach Family 3 Exercises
FRI	Drink only Water!	Jump the ABC's
SAT	Put on some Music	Dance to Song

HOME HEALTH/PE CALENDAR		
WEEK 2	HEALTH	P.E.
SUN	Name 5 Good Habits	60 Seconds of Star Jumps (3X today)
MON	Write down what you eat today	Play with Family
TUE	Try 1 New Food	Do HW in Push-UP Position
WED	Meditate 5 Minutes	Move Like 7 Different Animals
THUR	Help Family make Dinner	Dance Party Time!
FRI	Compliment Everyone you See	Toss a Pillow 8 Different Ways
SAT	Write a Thank You Note	Time your Plank

HOME HEALTH/PE CALENDAR		
WEEK 3	HEALTH	P.E.
SUN	What happens to your body when you Run?	Walk/Jog/Run/Sprint
MON	Sleep is important because?	Jog/Skip/Gallop/Hop
TUE	3 Deep Breaths every hour	Balance 5 Different Ways
WED	Help Clean 1 Room	Wall Squat Competition against Family
THUR	Brush teeth with Non-Dominant Hand	Do workout Video
FRI	Draw/Write for 7 Minutes	Play Outside (weather pending)
SAT	Help 3 People	Do 4 Exercises-Muscular Endurance

HOME HEALTH/PE CALENDAR		
WEEK 4	HEALTH	P.E.
SUN	Learn 6 Facts about Your Brain	Family Workout Video Time!
MON	What is Stress?	Make shapes with body
TUE	Find your Heart Rate?	Jump your family's names
WED	Close your eyes. Name 6 things in the room!	Crab walk around your home
THUR	Wash your Hands 5x today!	Teach family 7 Ways to Move
FRI	Lay down and do a Body Scan	Act out 8 Sports
SAT	Day without T.V.?	Move to Music

HOME HEALTH/PE CALENDAR		
WEEK 5	HEALTH	P.E.
SUN	Learn 4 Facts about Your Heart	10 Burpees (Do 6X today)
MON	What is Mindfulness?	Bear crawl around home
TUE	Check your Pulse (5X today)	Push-UPs in 60 seconds (Do 3X today)
WED	Name 8 Things you Like about Yourself!	Exercise of your choice (Do 3x today)
THUR	Help do a Chore	Teach family 3 Exercises
FRI	Watch video on Health	Create movement routine
SAT	Day without Cell Phone/Technology?	Family Walk/Bike Ride



# HOME HEALTH/PE CALENDAR

INITIALS

## HOME HEALTH/PE CALENDAR

WEEK 1	HEALTH	P.E.
SUN	60 Second Deep Breathes	60 Second Squats (3X today)
MON	Name 10 Fruits	Walk with Family
TUE	Name 10 Vegetables	20 Burpees (3X today)
WED	Did you Floss?	Jog in place + Explain Sportsmanship
THUR	You are thankful for...	Teach Family 3 Exercises
FRI	Drink only Water!	Jump the ABC's
SAT	Put on some Music	Dance to Song

## HOME HEALTH/PE CALENDAR

WEEK 2	HEALTH	P.E.
SUN	Name 5 Good Habits	60 Seconds of Star Jumps (3X today)
MON	Write down what you eat today	Play with Family
TUE	Try 1 New Food	Do HW in Push-UP Position
WED	Meditate 5 Minutes	Move Like 7 Different Animals
THUR	Help Family make Dinner	Dance Party Time!
FRI	Compliment Everyone you See	Toss a Pillow 8 Different Ways
SAT	Write a Thank You Note	Time your Plank

## HOME HEALTH/PE CALENDAR

WEEK 3	HEALTH	P.E.
SUN	What happens to your body when you Run?	Walk/Jog/Run/Sprint
MON	Sleep is important because?	Jog/Skip/Gallop/Hop
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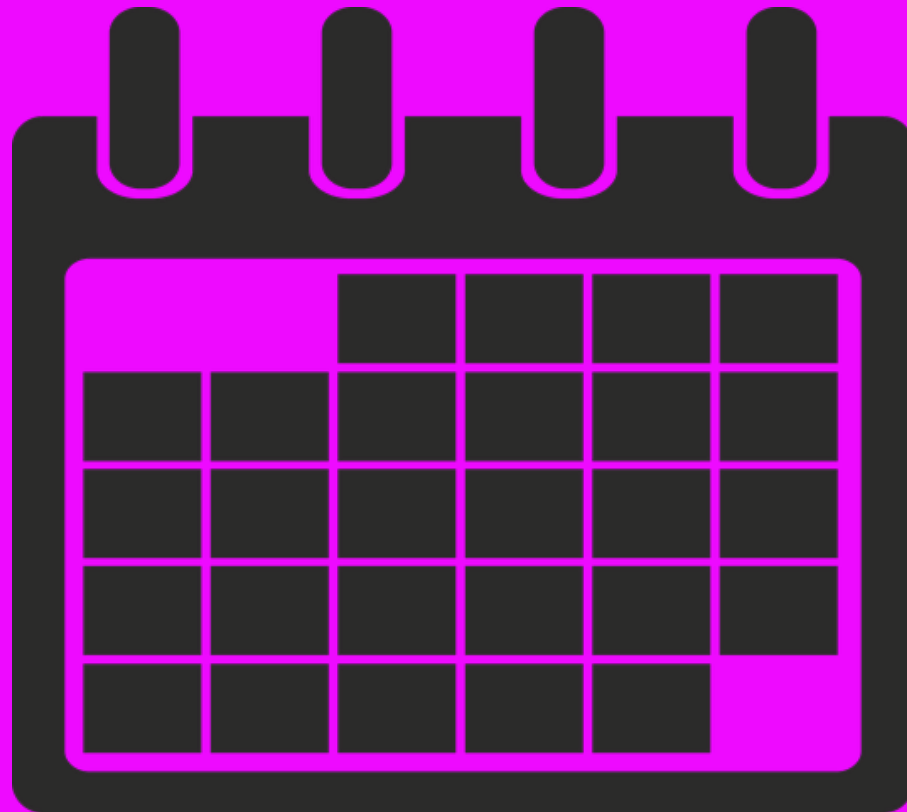
## HOME HEALTH/PE CALENDAR

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## HOME HEALTH/PE CALENDAR

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FRI	Watch video on Health	Create movement routine
SAT	Day without Cell Phone/Technology?	Family Walk/Bike Ride

# HOURLY



# Home Health/PE Calendar

HOUR	Health	P.E.
9 A.M.	60 Second Deep Breathes	60 Second Squats (3X today)
10 A.M.	Name 10 Fruits	Walk with Family
11 A.M.	Name 10 Vegetables	20 Burpees (3X today)
12 P.M.	Did you Floss?	Jog in place + Explain Sportsmanship
1 P.M.	You are thankful for...	Teach Family 3 Exercises
2 P.M.	Drink only Water!	Jump the ABC's
3 P.M.	Put on some Music	Dance to Song

# Home Health/PE Calendar

HOUR	Health	PE
9 A.M.	Name 5 Good Habits	60 Seconds of Star Jumps (3X today)
10 A.M.	Write down what you eat today	Play with Family
11 A.M.	Try 1 New Food	Do HW in Push-UP Position
12 P.M.	Meditate 5 Minutes	Move Like 7 Different Animals
1 P.M.	Help Family make Dinner	Dance Party Time!
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# Home Health/PE Calendar

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# HOME HEALTH/PE CALENDAR

INITIALS

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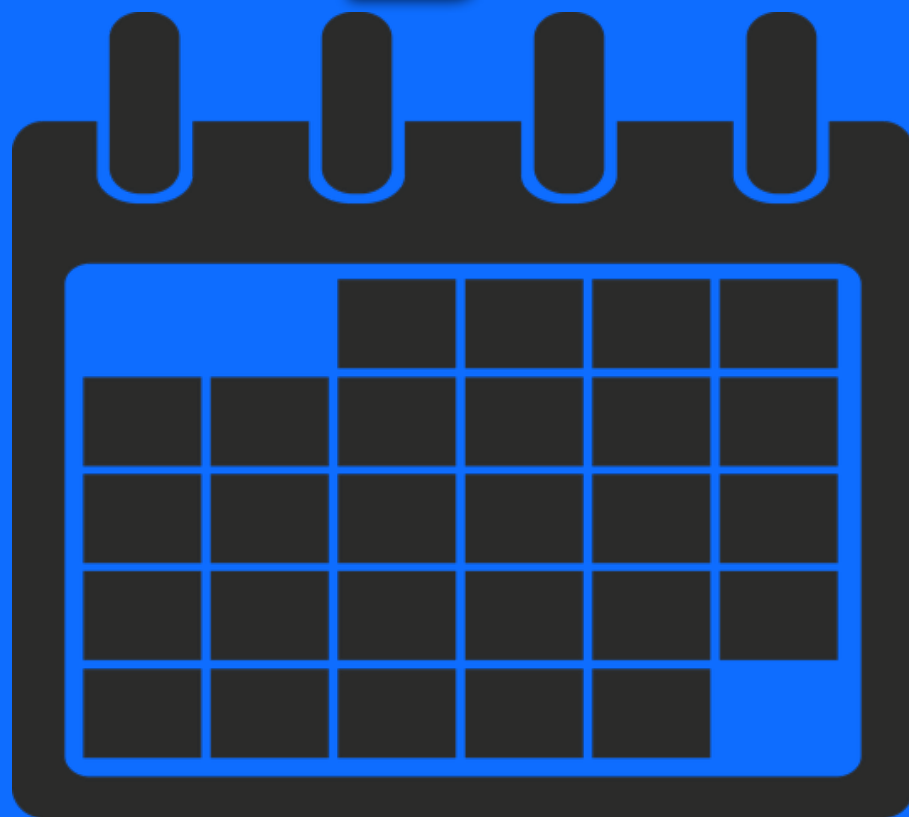
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# create your own



# Home Health/PE Calendar

Week	Health	P.E.
SUN		
MON		
TUE		
WED		
THUR		
FRI		
SAT		

# Home Health/PE Calendar

Week	Health	P.E.
SUN		
MON		
TUE		
WED		
THUR		
FRI		
SAT		

# Home Health/PE Calendar

Hour	Health	P.E.
9 A.M.		
10 A.M.		
11 A.M.		
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1 P.M.		
2 P.M.		
3 P.M.		