

Canterbury Elementary School

Physical Education

Families,

I have put together a packet of fun physical activities that you can do together as a family. They are meant to be enjoyable for all. I hope to see you all soon.

Stay Healthy!

Crispin Fresco-Hawes

chawes@canterburypublicschools.org

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Families,

I have put together a packet of fun physical activities that you can do together as a family. They are meant to be enjoyable for all. I hope to see you all soon.

Stay Healthy!

Crispin Fresco-Hawes

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MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
8 Daylight Saving	9	10	11	12	13	14	
15	16	17 St. Patrick's Day	18 30 second plank 15 burpees skip, hop, jump, jog - 3 min Play tag with your family	19	20 Vernal equinox (GMT) Yoga-hold each pose for 30-45 seconds Upward salute, Standing forward bend, downward dog, high plank, +another 4	21	
22	23	24	25 15 burpees 20 jumping jacks play your favorite sport / game outside	26	27 Yoga-hold each pose for 30-45 seconds Upward salute, Standing forward bend, downward dog, high plank, +another 4	28	
29	30	31	1 April Fools' Day	2	3	4	
6	6	February 2020 S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29		April 2020 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		Calendars by Vertex42.com © 2019 Vertex42 LLC. Free to print. Printable Calendars	2020 Calendars 2021 Calendars

APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
20	30 10 push-ups & 10 sit-ups 10 second hold toe touch Jog around your house 3x Play ball with your family	31	1 April Fool's Day 30 second plank 15 burpees skip, hop, jump, jog - 3 min Play tag with your family	2	3 Yoga-hold each pose for 30-45 seconds Upward salute, Standing forward bend, downward dog, high plank, +another 4	4	
5	6 10 second hold toe touch 10 second hold reach high 20+ minutes-have races run, skip, bear, crab, etc.	7	8 15 burpees 20 jumping jacks play your favorite sport / game outside	9 Passover	10 Good Friday Yoga-hold each pose for 30-45 seconds Upward salute, Standing forward bend, downward dog, high plank, +another 4	11	
12 Easter	13	14	15 Taxes Due	16	17	18	
19	20 10 push-ups & 10 sit-ups 10 second hold toe touch Jog around your house 3x Play ball with your family	21	22 Earth Day 30 second plank 15 burpees skip, hop, jump, jog - 3 min Play tag with your family	23	24 Ramadan begins Yoga-hold each pose for 30-45 seconds Upward salute, Standing forward bend, downward dog, high plank, +another 4	25	
26	27 10 second hold toe touch 10 second hold reach high 20+ minutes-have races run, skip, bear, crab, etc.	28	29 15 burpees 20 jumping jacks play your favorite sport / game outside	30	1 Yoga-hold each pose for 30-45 seconds Upward salute, Standing forward bend, downward dog, high plank, +another 4	2	
3	4	March 2020 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		May 2020 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		Calendars by Vertex42.com © 2019 Vertex42 LLC. Free to print. Printable Calendars	2020 Calendars 2021 Calendars

MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	April 2020 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		June 2020 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		Calendars by Vertex42.com © 2019 Vertex42 LLC. Free to print. Printable Calendars

Standing poses

#1



5s

#2



5s



#3



5s



#4



5s



* Upward Salute Pose

* Standing Forward Bend Pose

Half Forward Bend Pose

Standing Forward Bend Pose

#5



5s

#6



5s

#7

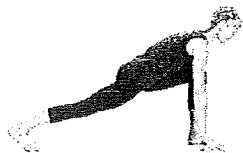


5s

#8



5s



Low lunge Pose

* Downward Facing Dog Pose

Downward Facing Dog Split Pose

Low lunge Pose

#9



5s

#10



5s

#11



5s

#12



5s



Warrior 1 Pose

Warrior 2 Pose

Proud Warrior

Warrior 2 Pose

#13



5s

#14



5s

#15



5s

#16



5s



Mountain Pose

Standing Forward Bend Pose

Low lunge Pose

Downward Facing Dog Pose

#17

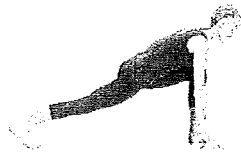
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Downward Facing Dog Split Pose

#18

5s



Low lunge Pose

#19

5s



Warrior 1 Pose

#20

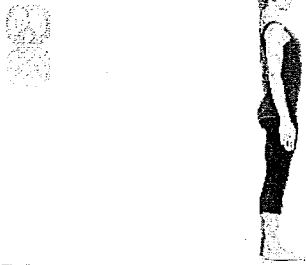
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Warrior 2 Pose

#21

5s



Mountain Pose

#22

5s



Standing Forward Bend Pose

#23

5s



Low lunge Pose

#24

5s



Downward Facing Dog Pose

#25

5s



Spinal Twist Pose

#26

5s



Table Top Pose

#27

5s



Cat Pose

#28

5s



Cow Pose

#29

5s



Downward Facing Dog Pose

#30

5s



High Plank Pose

#31

5s



Low Plank Pose

#32

5s



Upward Facing Dog Pose

#33

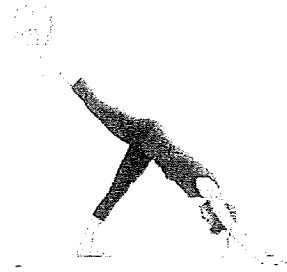
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Downward Facing Dog Pose

#34

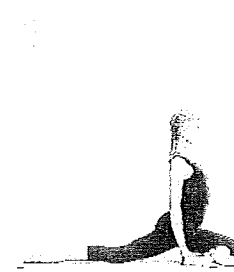
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Downward Facing Dog Split Pose

#35

5s



One-legged King Pigeon Preperation Pose

#36

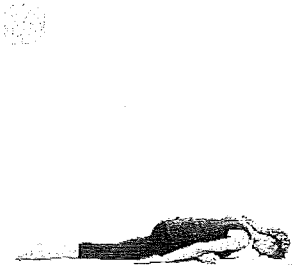
5s



One-legged Pigeon Pose Transition

#37

5s



One-legged Sleeping King Pigeon Pose

#38

5s



One-legged King Pigeon Preperation Pose

#39

5s



Downward Facing Dog Pose

#40

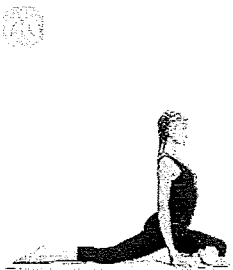
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Downward Facing Dog Split Pose

#41

5s



One-legged King Pigeon Preperation Pose

#42

5s



One-legged Pigeon Pose Transition

#43

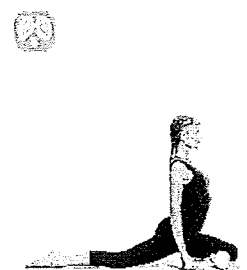
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One-legged Sleeping King Pigeon Pose

#44

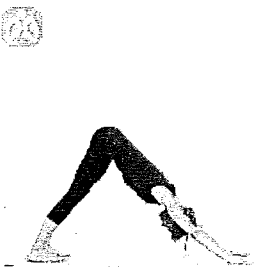
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One-legged King Pigeon Preperation Pose

#45

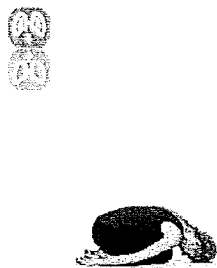
5s



Downward Facing Dog Pose

#46

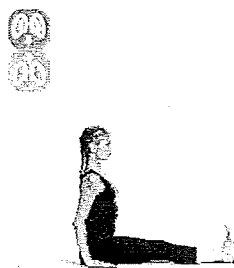
5s



Childs Pose

#47

5s



Staff Pose

#48

5s



Tall Seated Forward Bend Pose