



Monthly Sheet for Grades 3 thru MS PE/Gym

Mr. Crook

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Weeks 19 - 25 Dates: 01/03/12 - 03/01/12

<u>Tuesday</u> <u>Jan 03</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Thursday</u> <u>Jan 05</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Tuesday</u> <u>Jan 10</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Thursday</u> <u>Jan 12</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Tuesday</u> <u>Jan 17</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set

<u>Thursday</u> <u>Jan 19</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Tuesday</u> <u>Jan 24</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Thursday</u> <u>Jan 26</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Tuesday</u> <u>Jan 31</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Thursday</u> <u>Feb 02</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Tuesday</u> <u>Feb 09</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Thursday</u> <u>Feb 16</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Tuesday</u> <u>Feb 23</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set
<u>Thursday</u> <u>March 01</u>	PE: Rhythmic Workout for grades 3 & 4 / basic Insanity workout for MS1 & 2 (20-30 minutes) using video and/or music: Gym: A game or activity to reinforce workout or to enhance a skill set

