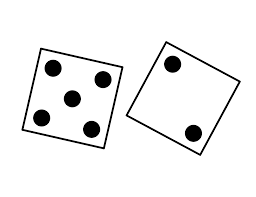
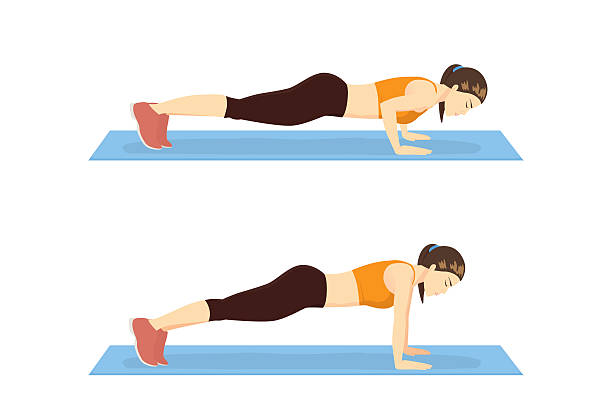
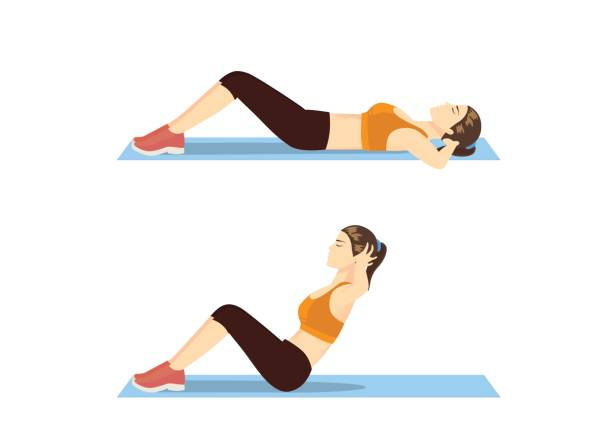
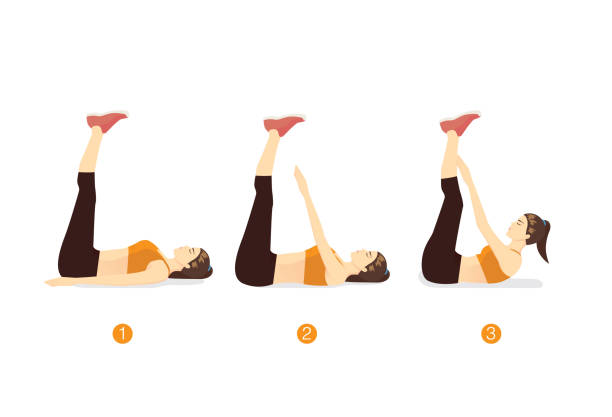
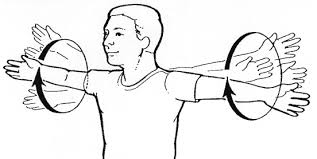
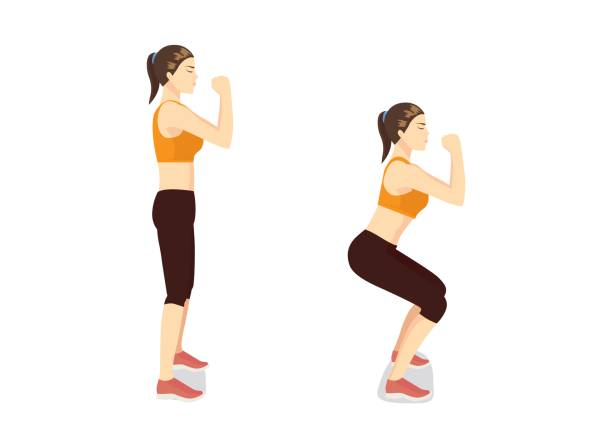
During this time, we want to ensure that our children remain engaged, challenged, and active.

As our first activity, student will simply revisit our exercises.

Activity: **Dice ‘em Up**

* Standards (K-2)
  + PEK.3 PE1.3 PE2.3 - The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.
* Rules:
  + Students will either roll two 6-sided di at home or use an online dice website such as <https://www.calculator.net/dice-roller.html> to roll two 6-sided di.
  + After adding the two di, the student will complete exercises that same number of times.
    - Ex.  5+2=7. The student will do each exercise a total of 7 times.
* Exercises:
  + Jumping Jacks 
  + Push Ups
  + Sit Ups
  + Toe Touches
  + Arm Circles (Forward)
  + Arm Circles (Backward) 
  + Squats
  + Legs Raises (Each Leg) 