

Name:

Grade:

PE Day

Class:

K 1 2 3 4 5

Tues Wed Thurs Fri

Week of:	Warm-up	Cardio Workout	Strength Workout	Stretching
April 7th-10th				
April 14th-16th				
April 21st-24th				
April 28th-May 1st				
And just in case...				
May 5th-8th				
May 12th-15th				
May 19th-22nd				
May 26th-29th				