

Mr. D'Amelio Health/P.E. Classes- Grade 1

Please have students complete 10 reps per exercise twice a day

Exercises:

Jumping Jacks

Burpees

Push-ups

Sit-ups

Squats

Students can also watch this video and perform the exercises:

<https://www.youtube.com/watch?v=oc4QS2USKmk>

Please have students practice healthy eating habits:

- 1- Eating fruits
- 2- Eating vegetables
- 3- Drinking water

Students can click on the link below to complete some worksheets:

<http://www.nourishinteractive.com/nutrition-education-printables>

Please have students practice healthy hygiene:

- 1- Washing Hands
- 2- Brushing Teeth
- 3- Taking shower/bath everyday