**High School P.E. Snow Packet Days 6-10**

**Name:**

**Snow Packet Day 6-7**

Complete Activities

  

Run in place 5 min lunges 5 minutes Sit-ups 3 sets of 10 Mountain climbers 3 sets of 10

**Student Signature: Parent Signature:**

**Snow Packet Day 8-9**

Complete Activities

   

Run in place 7 min Leg lifts 3 sets 1 min Jumping Jacks 3 sets of 30 Planks 3 sets of 60 sec.

**Student Signature Parent Signature**

**Snow Packet Day 10**

Complete Activities

   

30 Squats jumping jacks 3 sets of 45 Mountain Climbers 3 sets of 40 Situps 3 sets 20

**Student Signature:** **Parent Signature:**