

LINCOLN HIGH SCHOOL
Physical Education
Assignment #2 Activity Log:

Students Name: _____

<u>Date</u>	<u>Activity</u>	<u>Parent Signature</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

Complete the following tasks for 45 seconds with a 15 second break repeat 3 times.
Have a parent sign the activity log after each activity. Log can be emailed or submitted when we return to school.

1. Mountain Climbers
2. Plank
3. Jumping Jacks
4. Squats
5. Crunches
6. Push Ups