

**KNIGHT STRONG WEEK 2**

**2<sup>ND</sup> -3<sup>RD</sup> GRADE**

**HEY THERE GUYS! SURE DO MISS ALL YOUR SMILING AND GOOFY SELVES. HOPE YOU WERE ABLE TO GO OUT AND ENJOY THE SUNNY DAYS LAST WEEK. I SURE DID WAS NICE TO SEE THE SUN SHINE!**

**WE ARE CHANGING THINGS UP AGAIN SINCE WE AREN'T GOING TO BE RETURNING ANY PAPERWORK FROM ASSIGNMENTS. I HAVE SET UP A WEBSITE THAT ALL YOUR ASSIGNMENTS WILL BE POSTED ON FOR YOU TO SEE. YOU CAN EMAIL OR TEXT ME A PICTURE OF THE COMPLETED ASSIGNMENT OR IF THAT ISN'T POSSIBLE JUST A SIMPLE YES I DID THE ASSIGNMENT WILL WORK FOR YOUR GRADE.**

**MY WEBSITE IS : [mrsrothspe.weebly.com](http://mrsrothspe.weebly.com)**

**TEXT TO: 970-595-0244**

**You will have to use the top search bar on your home page to go to the site.**

**THE FIRST ASSIGNMENT FOR THIS WEEK IS TO GET SOME GOOD EXERCISE FOR OUR KNIGHT STRONG COMPETITION. EACH WEEK YOU WILL BE BUILDING TOWARDS AN ULTIMATE PRIZE.**

**ACTIVITY #1: CHALLENGE MRS. ROTH**

**PICK 5 OF YOUR FAVORITE EXERCISES FROM THE LIST BELOW. THREE DAYS THIS WEEK KEEP TRACK OF HOW MANY YOU CAN DO IN 30 SECONDS, THEN YOU ARE GOING TO CHALLENGE MRS. ROTH TO SEE IF SHE CAN DO AS MANY AS YOU OR YOU CAN PICK A NUMBER TO CHALLENGE HER TO DO. TEXT OR EMAIL THE CHALLENGE TO HER AFTER YOUR THREE DAYS ARE UP.**

**LIST:**

**JUMPING JACKS**

**CRUNCHES**

**SIT UPS**

**BURPEES**

**PUSH UPS**

**FROG JUMPS**

**TWO FOOT HOPS**

**LUNGES**

**SINGLE LEG HOPS**

**TRI CEP DIPS**

**SQUAT JUMPS**

**HIGH KNEES**

**BONUS QUEST:**

**TIMED WALL SIT**

**TIMED PLANK**

**ACTIVITY #2: MANNERS BINGO (PAGE 2)**

**ACTIVITY #3: SPRING WORD SEARCH**