

HO‘OIKAIKA KINO

HELU _____

PULE _____

PE-Weekly Log A

Mākua note: I would like your keiki to improve their physical strength. Their assignment will be to record their progress on this weekly chart.

- Run:** Run as fast as you can for 5 sec then walk with your hands on your head for 5sec. Repeat for 10 times.
- Sit-ups:** Time yourself for 2 min. How many sit-ups can you do?
- Plank:** Start a stop-watch. How long can you hold your position?
- Burpees:** Time yourself for 2 min. How many Burpees can you do?
- High Kicks:** Time yourself for 1min. How many High Kicks can you do?
- Long Jump:** Mark a start line and long jump forward. How many feet can you jump?
- Your Choice:** Find a helpful activity around the house to do for at least 5min (taking out trash, sweeping, washing the dirty dishes/clothes, vacuum, work in the mala, dance/ spending time with a sibling)
- Log Data:** Be honest. It will show in your test if you're not.



	PōAKAHĪ	Pō‘ALUA	Pō‘AKOLU	Pō‘AHĀ	Pō‘ALIMA
RUN (‘Ae/‘A‘ole?)					
SIT-UPS (‘Ehia?)					
PLANK (‘Ehia?)					
BURPEES (‘Ehia?)					
HIGH KICKS (‘Ehia)					
LONG JUMP (Feet)					
YOUR CHOICE					

Depa-Burst Bubble

Wikiō-Burst Bubble

KAHA _____