

# FUN EXERCISE POEM

Read the poem and follow along with the exercises!

Since you're stuck at home in quarantine,  
You may as well get super lean,  
So go ahead with 50 jumping jacks,  
And make sure to eat healthy snacks.

Just because all is shut down,  
Doesn't mean you have to frown,  
So smile and hold some planks,  
Look at all you have and say "God thanks!"

So many activities are on delay,  
But at your house you still can play,  
So take a run around your home,  
Then come back and finish this poem!

From others keep six feet away,  
Listen to your parents and obey,  
Now run up and down your stairs,  
And for those who need it, say some prayers.

Wash your hands with soap,  
And don't ever walk around and mope,  
Do some push-ups to stay strong,  
Make exercise a habit this is lifelong.

Zooming is so much fun,  
Isn't that a superfast run?  
Go outside and sprint your top speed,  
Hurry, hurry, you're in the lead!

As you engage in at home learning,  
Make sure to keep those calories burning,  
So march or jump in place,  
Make sure to tie your shoelace.

Wishing you and your families all the best,  
Please exercise, stay healthy, but get some rest,  
We will hopefully see each other soon at school,  
Isn't Phy. Ed oh so cool!

