

## ELearning PE Monday 3/30/20

First: Begin your Warmup Calendar by completing 5 of the 10 exercises. Circle, highlight, or mark the exercises you complete.

Next: For class today, you will choose one exercise from the list:

<https://www.youtube.com/watch?v=Rz0go1pTda8>

<https://www.youtube.com/watch?v=XClviBT3Txc>

At Home 30 Minute Exercise/Activity [Please have parent sign off on this activity]

After: Please write in the activity completed on your warmup calendar—

Exercise Completed : \_\_\_\_\_[Insert Here]\_\_\_\_\_