

ELearning PE Tuesday 3/31/20

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=6v-a_dpwhro

<https://www.youtube.com/watch?v=kAXg3cMOUCw>

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]_____