

## ELearning PE Friday 4/3/20

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

Please submit your warmup calendar to me VIA email after completing today's exercise. [tgrover@ah19.org](mailto:tgrover@ah19.org)

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

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

<https://www.youtube.com/watch?v=uC2Q6KynZi8>

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]\_\_\_\_\_

Submit your completed warmup calendar to me at:

[tgrover@ah19.org](mailto:tgrover@ah19.org)