**COACH WILLIE WILLIAMS/ PHYSICAL EDUCATION**

**ADVANCE PERSONAL FITNESS 3RD BLOCK/ PERSONAL FITNESS 4th BLOCK**

Students as you know we’ve come upon difficult times for our family, school and community.  I want you to listen to family and take care of your school core subjects. With the time left before graduation, it’s important that you complete and finalize the work in each class for graduation and advancement to the next grade level.  I’d like for you to stay in good physical shape which is important. All you need is 20 to 30 minutes each day of stretching, walking/jogging and/ or physical exercise. Not just for class, this is also good for a lifetime. You can also work the fitness gram exercises. ([https://fitnessgram.net](https://fitnessgram.net/)) Let me know of your weekly progress by sending me email documentation. (williams.willie@marion.k12.ga.us) Stay safe and use parental supervision.

**Here is a list of exercises of which you can chose from: Two or three a day, five to six days a week.**

**1.**      Pushups

**2.**      Planks

**3.**      Run stairs

**4.**      Burpees/Squat thrust

**5.**      Throwing

**6.**      Catching

**7.**      Shooting hoops

**8.**      Biking

**9.**      Walking

**10.**  Elliptical

**11.**  Punching Bag

**12.**  Online workouts

GO EAGLES! GO BIG RED!​