



<https://www.youtube.com/watch?v=EfAfymBl64E&feature=youtu.be> (CLICK HERE)

[Information sheet 1 from PE equipment Video PDF](#) (CLICK HERE)

[Information sheet 2 from PE Equipment video PDF](#) (CLICK HERE)

RISE E LEARNING PHYSICAL EDUCATION

[https://docs.google.com/presentation/u/0/d/19D2R37-\\_czoSLkjmTK4CcVIwlvv2HsNd9g5Hzyjvids/mobilepresent#slide=id.p](https://docs.google.com/presentation/u/0/d/19D2R37-_czoSLkjmTK4CcVIwlvv2HsNd9g5Hzyjvids/mobilepresent#slide=id.p) (CLICK HERE)

Elementary PE ideas: [https://www.shapeamerica.org/Document\\_manager/calendar/2023/HPE-Calendar-January-2023-Elementary-English.pdf](https://www.shapeamerica.org/Document_manager/calendar/2023/HPE-Calendar-January-2023-Elementary-English.pdf)

Secondary PE ideas: [https://www.shapeamerica.org/Document\\_manager/calendar/2023/HPE-Calendar-January-2023-Secondary-English.pdf](https://www.shapeamerica.org/Document_manager/calendar/2023/HPE-Calendar-January-2023-Secondary-English.pdf)

### **Elementary Workout:**

Warm-up:

- Jog in place for 1 minute
- Do 10 jumping jacks
- Do 10 arm circles (5 forward, 5 backward)

Exercise circuit:

- Do 10 squats
- Do 10 push-ups
- Do 10 lunges (5 on each leg)
- Do 10 bicycle crunches
- Do 10 mountain climbers

Cool-down:

- Do some stretching, focusing on the major muscle groups (legs, arms, back, and core)
- Take a few deep breaths to relax and calm the mind

Remember to always listen to your body and take breaks as needed. It's important to stay hydrated and drink plenty of water during and after your workout. Have fun and stay active!

### **Secondary Workout:**

Warm-up:

- Jog around the gym for 2 minutes
- Do 15 jumping jacks
- Do 15 arm circles (10 forward, 5 backward)

Exercise circuit:

- Do 15 squats with dumbbells
- Do 15 push-ups
- Do 15 lunges (10 on each leg)

- Do 15 bicycle crunches
- Do 15 mountain climbers

Cool-down:

- Do some stretching, focusing on the major muscle groups (legs, arms, back, and core)
- Take a few deep breaths to relax and calm the mind

Remember to always listen to your body and take breaks as needed. It's important to stay hydrated and drink plenty of water during and after your workout. Have fun and stay active!