Physical Education Lesson #6

Hey guys,

It is important that we stay active so our bodies remain healthy and strong! This lesson will begin with our warm-up activity to get the blood flowing and to loosen up our muscles. Following our warm-up, there will be three different exercises that we would like everyone to try. There will also be videos of me demonstrating them. Try your best. Remember some things may be more difficult than others, but practice makes perfect! And have fun with it, we miss you! -Mr. Feiss

**Begin with warm-up:**

If you can get outside that will be best. Make sure there is an adult with you. Get a drink if you need in between!

- Speed walk for 1 minute

- Jog for 1 minute

- Stop and stretch- reach to sky and touch your toes

- Skip for 1 minute

- Stop and do 10 arm circles front and 10 arm circles backwards

- Gallop for 1 minute

- Stop and do 10 jumping jacks

**Exercise #1**

[10 shoulder press](https://pa01001022.schoolwires.net/cms/lib/PA01001022/Centricity/domain/1083/phys%20ed%20lesson%206/ShoulderPress.mov)

**Exercise #2**

[10 side lateral raise](https://pa01001022.schoolwires.net/cms/lib/PA01001022/Centricity/domain/1083/phys%20ed%20lesson%206/SideLateralRaises.mov)

It may be easier to do this exercise without holding any objects!

**Exercise #3**

[10 Mountain Climbers](https://pa01001022.schoolwires.net/cms/lib/PA01001022/Centricity/domain/1083/phys%20ed%20lesson%206/MountainClimbers.mov)

It may be easier to do the mountain climbers on your knees!