

Middle School Physical Education

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Cardio</b> (Warm Up You Muscles)                      -Inside the House                      250 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 3 minutes without stopping.</p>	<p><b>Cardio</b> (Warm Up You Muscles)                      -Inside the House                      250 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 3 minutes without stopping.</p>	<p><b>Cardio</b> (Warm Up You Muscles)                      -Inside the House                      250 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 3 minutes without stopping.</p>	<p><b>Cardio</b> (Warm Up You Muscles)                      -Inside the House                      250 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 3 minutes without stopping.</p>	<p><b>Cardio</b> (Warm Up You Muscles)                      -Inside the House                      250 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 3 minutes without stopping.</p>
<p><b>Stretches</b>                      Count to 10 for each stretch                      While Standing                      -Feet together, bend at the waist, and touch your toes                      -Feet apart, reach and touch your right leg with both hands (Switch and do the same with the left leg.)                      -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.)                      -Right arm across your chest then pull with your opposite</p>	<p><b>Stretches</b>                      Count to 10 for each stretch                      While Standing                      -Feet together, bend at the waist, and touch your toes                      -Feet apart, reach and touch your right leg with both hands (Switch and do the same with the left leg.)                      -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.)                      -Right arm across your chest then pull with your opposite</p>	<p><b>Stretches</b>                      Count to 10 for each stretch                      While Standing                      -Feet together, bend at the waist, and touch your toes                      -Feet apart, reach and touch your right leg with both hands (Switch and do the same with the left leg.)                      -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.)                      -Right arm across your chest then pull with your opposite</p>	<p><b>Stretches</b>                      Count to 10 for each stretch                      While Standing                      -Feet together, bend at the waist, and touch your toes                      -Feet apart, reach and touch your right leg with both hands (Switch and do the same with the left leg.)                      -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.)                      -Right arm across your chest then pull with your opposite</p>	<p><b>Stretches</b>                      Count to 10 for each stretch                      While Standing                      -Feet together, bend at the waist, and touch your toes                      -Feet apart, reach and touch your right leg with both hands (Switch and do the same with the left leg.)                      -Kick your right foot back towards your glutes and hold your foot (Switch and do the same with the opposite foot.)                      -Right arm across your chest then pull with your opposite</p>

hand (Switch and do the same with the opposite arm)	hand (Switch and do the same with the opposite arm)	hand (Switch and do the same with the opposite arm)	hand (Switch and do the same with the opposite arm)	hand (Switch and do the same with the opposite arm)
<b>Activity</b> <u>Jumping Jacks Countdown</u>  Begin with a 50 jumping jacks and once you complete 50 jumping jacks then you do 40, 30, 20 etc.	<b>Activity</b> <u>Pushups Countdown</u>  Begin with 15 pushups and once you complete 15 pushups then you do 14,13, 12 etc.	<b>Activity</b> <u>Sit ups Countdown</u>  Begin with 20 sit ups and once you complete 20 sit ups then you do 19, 18, & 17 etc.	<b>Activity</b> <u>Triple Threat Countdowns</u>  Perform jumping jacks, pushups and sit-ups Begin your countdowns at 15 for each one listed above.	<b>Activity</b> <u>Choose Your Countdown</u>  You may choose to perform jumping jacks, pushups, sit-ups. Begin your countdown at 15.
<b>Cool Down</b> Find some space to walk back and forth for at least 90 seconds.	<b>Cool Down</b> Find some space to walk back and forth for at least 90 seconds.	<b>Cool Down</b> Find some space to walk back and forth for at least 90 seconds.	<b>Cool Down</b> Find some space to walk back and forth for at least 90 seconds.	<b>Cool Down</b> Find some space to walk back and forth for at least 90 seconds.

Coach Martin

Contact Information:

Email: [rmartin@stewart.k12.ga.us](mailto:rmartin@stewart.k12.ga.us)