

High 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                      500 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 5 minutes without stopping.</p>	<p><b>Cardio</b> (Warm Up You Muscles)                      -Inside the House                      500 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 5 minutes without stopping.</p>	<p><b>Cardio</b> (Warm Up You Muscles)                      -Inside the House                      500 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 5 minutes without stopping.</p>	<p><b>Cardio</b> (Warm Up You Muscles)                      -Inside the House                      500 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 5 minutes without stopping.</p>	<p><b>Cardio</b> (Warm Up You Muscles)                      -Inside the House                      500 Quick Jumps without a jump rope                      -Outside the House                      Run around your yard for 5 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>Squats Countdown</u>  Begin with a 100 Squats and once you complete a 100 squats then you do 90, 80, 70 etc.	<b>Activity</b> <u>Pushups Countdown</u>  Begin with 25 pushups and once you complete 25 pushups then you do 24, 23, 22 etc.	<b>Activity</b> <u>Curl ups Countdown</u>  Begin with 25 curl ups and once you complete 25 curl ups then you do 24, 23, 22 etc.	<b>Activity</b> <u>Triple Threat Countdowns</u>  Perform squats, pushups and curl ups Begin your countdowns at 20 for each one listed above.	<b>Activity</b> <u>Choose Your Countdown</u>  You may choose to do squats, pushups, curl ups. Begin your countdown at 20.
<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

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