

Health and P.E.

Mr. Harris, Mr. Herron

Below is the assignment for each SKILLS day for students enrolled in any Health and PE course. This applies to Weightlifting and Advanced Sports Skills as well.

Students are expected and required to complete this assignment daily and will be assessed upon returning to evaluate fitness level.

Wake up! & make it happen workout

beginner: 3 sets
intermediate: 4-5 sets
advanced: 6 sets

- 1. burpees 10 reps**

- 2. push ups 15 reps**

- 3. mountain climbers 20 reps**

- 4. bicycle crunches 30 reps**

- 5. plank 45 seconds**


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