

Girls PE

E-Learning Day 2

Complete the required activities as described below.

After you are complete the activities have a parent initial that they saw you perform the workout.

Activity Description:

Perform the same Warm-up stretch routine from class

Line-hop (3 min)

Wall Sit (3 min)

3 sets 15 squats

3 sets 15 lunges

Sprint: 40 yards, 10 times

Cool-down with same stretch routine from earlier

Activity Purpose:

Anaerobic; muscular endurance; flexibility

Comments:

Parents Signature:
