

# Physical Education

Coach Patterson, Coach Tate, Coach Maroon, Coach Edwards, Coach Tucker and  
Coach Whitfield



## STAYING ACTIVE

Remember the 5 components of fitness: Cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition.

Here are some activities that can help you stay active.

### Warm up

### Activity

### Cool down

1

#### WARM UP

Go for a 5-10 minute walk around your neighborhood and then stretch.

2

#### ACTIVITY

Choose an activity on the right and burn some calories.

3

#### COOL DOWN

Walk for 5 minutes and then stretch.



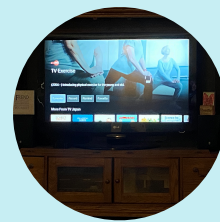
**Run/walk a 5K**  
A 5K = 3.2 miles.



#### Dance

Learn how to do the  
"Bikers shuffle"

[https://  
www.youtube.com/  
watch?  
v=CvSSM9RGZ5E](https://www.youtube.com/watch?v=CvSSM9RGZ5E)



#### TV Fitness

Find a TV Fitness show  
and do it.