

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>



TV Fitness
Find a TV Fitness show and do it.