

Physical Education

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



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.