

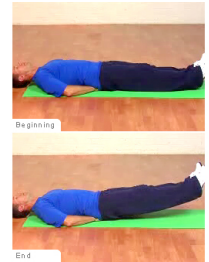
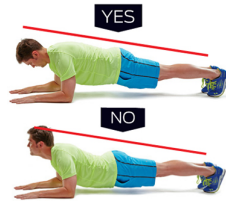
Physical Fitness Study Guide:

What you need to know!

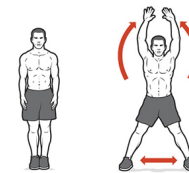
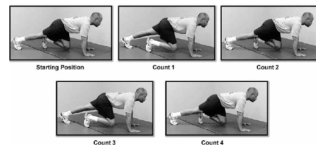


Some of our Do Now exercises!

- JOG!
- Planks
- Frankensteins
- Push-ups
- Crunches
- Walking Lunges
- Mountain Climbers
- Jumping Jacks
- High Knees
- Leg lift holds



Why should I do these exercises?!



Well, here are a few reasons!

1. The jog is done in the beginning of class to warm up our muscles and help prevent injury. The jog is also helping prepare us for the mile run! The mile run helps to increase our cardiorespiratory endurance. In other words, running helps your heart and lungs work more efficiently and also helps decrease your chances of having high blood pressure, problems with your weight, and other chronic diseases!
2. Planks, crunches, leg lift holds, and mountain climbers help build and strengthen our core. Those stomach muscles that are included in our core muscle group are called our abdominals.
3. “Frankensteins” are a great active (dynamic) stretch to do, especially for your legs. They help to stretch out your hamstrings!
4. Your form during your exercises is very important. If you are doing the exercises incorrectly, you could injure yourself. For example, while performing the walking lunges, it is important to to make sure your knee does not go in front of your toe, you keep your back straight, and your front leg creates a 90 degree angle.

Staying Safe: Physical Education class is A LOT of fun! However, it is very important that we keep ourselves safe. Always be here and be respectful of the of the rules put in place. Make sure you are aware of the safety rules for each sport before you step out on to the floor!