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| **Physical Education: Fitness Challenges** |
| Objective  | Activities  | Resources  |
| Measure aerobic fitness  | **Warm Up Video:** Just Dance Kids – Jump Up<https://www.youtube.com/watch?v=52pdktAMDe4>**Activity Guidelines**: 1. Log onto Seesaw and find the PE assignment entitled “Aerobic Fitness”.
2. Look over the picture cards to learn the six aerobic exercises for today.
3. Open the student template to find the directions and table.
4. You will time yourself as you do each skill for as long as you can, without stopping.
5. **Circle the time you achieved**. (Only circle a time you reached, not the closest to your time. For example, if you got 23 seconds – you would circle the 10 second box because you did not reach 25 seconds.)
6. Post your completed table to Seesaw.
 | Device with a connection to internetStopwatch (You can use a digital watch, phone, or google search for stopwatch)Open space to exercise  |