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| **Physical Education: Fitness Challenges** | | |
| Objective | Activities | Resources |
| Demonstrate aerobic fitness | Happy spirit week everyone! Although we are not able to be all together at school, we will still have fun and celebrate our FBCS family. This assignment is inspired by our theme for Friday – Superheroes!  **Warmup Video:** *Superheroes / Athletic Track*  <https://www.youtube.com/watch?v=f9KqF_11EYc>  **Activity**: Superhero Fitness   1. Click the link below to complete the exercise video:   *Avengers HIIT Fitness Warmup:* <https://www.youtube.com/watch?v=sqZFz44AB78&list=PLjaagFOBedCj9fxSW-ZGntGfJEfSFPfRM&index=2> (7 minutes)   1. The workout will display 3 exercises at a time for each superhero. Quickly choose one exercise to do for the 40 seconds. (Feel free to pause and rewind the video if needed.) 2. After you are done with the workout, choose your favorite superhero and one exercise from their section. 3. Record a video yourself doing your chosen exercise and post it to Seesaw. | Device with a connection to internet  Open space to exercise |