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| **Physical Education: Fitness Challenges** |
| Objective  | Activities  | Resources  |
| Demonstrate aerobic fitness and flexibility  | **Activity Guidelines**: 1. Log onto Seesaw and find the PE assignment entitled “Fitness and Flexibility”.
2. Click the link below to complete the exercise video:*Kids Circuit Workout* (11 minutes) <https://www.youtube.com/watch?v=_97QFX3w1E4>
3. Return to seesaw and view the picture cards of the eight stretches for today.
4. Practice holding each stretch for at least 10 seconds. When applicable, be sure to do both sides of your body.
5. Then choose **one** favorite exercise from the video and **one** favorite stretch from the picture cards.
6. Next, **record a video of yourself completing the exercise and stretch of your choice for 10 seconds each**.
7. Post your completed video to Seesaw.
 | Device with a connection to internetOpen space to exercise  |