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| **Physical Education: Fitness Challenges** | | |
| Objective | Activities | Resources |
| Demonstrate strength and endurance through various exercises | **Optional Warm Up Video:** Just Dance Kids - Footloose  <https://www.youtube.com/watch?v=UIdWodUzmkg>  **Activity Guidelines**:  We are starting a new unit on Fitness Challenges. Today we will be completing several strength and endurance exercises.   1. Log onto Seesaw and find the PE assignment entitled “Strength and Endurance Exercises”. 2. Open the attachment to find the exercises for today. 3. These will be endurance challenges – meaning you will be measuring how many skills you can do in a row without stopping. 4. At the end there is a table where you can record your answers. 5. Post your completed table to Seesaw. | Device with a connection to internet  Open space to exercise  Yoga mat or carpeted area if possible |