

Week of 5/25

Ken White / kwhite@nfschools.net

Grade (2)

Lesson Title: 30 Minute Body Weight Workout

NYS P.E. Standard #1 -- *Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.*

- Warm-up...20 jumping jacks..Jog in place 20 seconds
- Activity
- Cool-down..walk in place for 30 seconds

Please Follow the Workout Chart below for the activities to do!

The 30-Minute, No-Gym Bodyweight Workout

Perform 3 sets of 12-15 reps of the following supersets,
0-30 seconds rest in between:

1a Tuck Jump



1b Push-Up



2a Squat



2b Mountain Climber



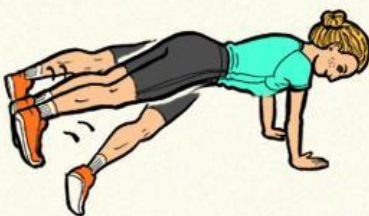
3a Tricep Dip



3b Glute Bridge



4a Jump Plank



4b Superman

