Lesson Title: Exercise Circuit 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….
* Jog in place for 30 seconds Place a penny or any other coin on the floor as an exercise spot and position yourself over the exercise spot for this routine.
* 1) Do 15 jumping jacks
* 2) Do 10 forward arm circles
* 3) Do 10 backward arm circles
* 4) Jump front to back 10 times over your exercise spot
* 5) Jump side to side 10 times over your exercise spot
* 6) Hop on one foot 10 times
* 7) Hop on the other foot 10 times
* 8) Jump 10 times on both feet
* 9) Make your body into a letter of the alphabet 10) Make your body into the number 7 \* Cooldown walk in place for 30 seconds