Click the pictures in each of the boxes to learn more about the lesson.

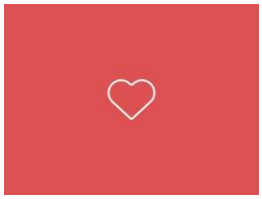
DO A CARDIO WORKOUT! LET'S DO THIS!

MUSCULAR STRENGTH & ENDURANCE CHALLENGE!

Challenge a friend or family member. How many PUSH UPS and CURL UPS can you do in 2 MINUTES? What's your heart rate after each? Share with your team if you want!!

Master Bill Nye's favorite... THE BIG BANG WORKOUT!

Get in a good SWEAT SESSION WORKOUT!



Review Heart Rate PowerPoint

Physical Education

Fitness Choice Board

Directions:

1. Each picture is a live link.
2. Click on the warm-up for before starting an activity.
3. You can do them any time during the month.

Extinguish the **RING OF FIRE** Workout!

Try some Deep Breathing Techniques…

#1 #2 #3

FREE CHOICE!

Pick something active to do inside or outside for 15 minutes. Try to get your heart rate up above 125 beats per min.

Battle through a Combat Workout!

READY… STEADY… GO!

March in place, jog in place & run in place for 1-min with a family member. Compare your heart rates after each.

Not only Captain America can do a SUPER SOLDIER WORKOUT! Try it!