

## **PHYSICAL FITNESS in PE**

### **Cardio/Aerobic Exercise**

Dolphin Jumping Jacks

$\frac{1}{2}$ -Jack Whole-Jack (gds 1-2)

Jogging 1-8 Track Laps (up to 1 mile)

Mountain Climbers

Cardio Corners

Jump Rope

Locomotor Movements: Run, Gallop, Slide, Skip, Hop, Jump

### **Upper Body/Muscular Strength & Endurance**

Plank Salutes

Push-ups

Bench Dips

Monkey-bars

Pull-ups/Reverse Pull-ups

### **Lower Body/Muscular Strength & Endurance**

Lunges

Squats

Heel Lifts

Side-leg Lifts

### **Core/Muscular Strength & Endurance**

Crunches

Taco Crunches

Scissors

Bicycles

Low Plank/High Plank

Anchor Drops

### **Stretches/Flexibility**

Hamstring Stretch "Daddy Long Leg"

Adductor Stretch "Butterfly"

Wide-legged Forward Fold "Dragonfly"

Forward Fold (Lower Back Stretch)

Shoulder Stretch/Triceps Stretch

Pectoralis Stretch (1 hand on wall)

Gastrocnemius Stretch "Down-dog"

Quad. Stretch "Dancer"

Sitting Twisting Stretches

Standing Side Stretches