**PPJSHS / P.E. - NAME GAME**

A 50 JUMPING JACKS N 25 BURPEES

B 20 CRUNCHES O 40 JUMPING JACKS

C 30 SQUATS P 15 PLYO LUNGES

D 15 PUSH-UPS Q 30 CRUNCHES

E 1 MIN WALL SIT R 15 PUSH UPS

F 10 BURPEES S 30 JUMP SQUATS

G 20 PLYO LUNGES T 15 BURPEES

H 20 JUMP SQUATS U 30 TRICEP DIPS

I 30 JUMPING JACKS V 2 MIN WALL SIT

J 1 MIN PLANKS W 50 CALF RAISES

K 10 PUSH UPS X 60 JUMPING JACKS

L 20 TRICEP DIPS Y 2 MIN PLANKS

M 20 BURPEES Z 20 PUSH UPS

Name Game: Students will perform the above exercises by using a name given by the teachers.

 Example: Kent Price - you would do the exercise for each letter of his name

 Exercises: If you do not know an exercise, perform an internet search for it.

***May 29 - Name Workout: The name of your favorite sport***

Follow up questions:

1. Were you able to get the recommended amount of physical activity each day over this period of online learning?
2. Were you able to get anyone in your household to participate in the physical activities with you?
3. Do you get more physical activity on a normal day at school or now being at home?
4. Set a goal for the summer of how much physical activity you will try to get each day/week.