**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 22 - Name Workout: Kobe Bryant***

Follow up questions:

1. Who invented Basketball?

2. List three team Olympic Sports.

3. Who was the first American woman to win the All-around Gold Medal in Gymnastics?

4. What is the ***FITT*** Principle?