**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 don't know an exercise, perform an internet search for it.

Follow up questions:

1. Set a goal for yourself. This should be a Physical Fitness/Activity goal.

GOAL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List the steps that you plan to take in order to achieve this goal.

Step 1:

Step 2:

Step 3:

Etc….:

1. What else can you do to help you in attaining this goal?