

PE ENERGIZERS/FLEXIBILITY

POPLAR SPRINGS ELEMENTARY

MARCH 30–APRIL 3

MONDAY

Energizer 1

Repeat the energizer 2 times and for 10 seconds each time.

Flexibility 1

Finish your routine with the flexibility activity for 20 seconds.

TUESDAY

Energizer 2

Repeat the energizer 2 times and for 10 seconds each time.

Flexibility 2

Finish your routine with the flexibility activity for 20 seconds.

WEDNESDAY

Energizer 3

Repeat the energizer 2 times and for 10 seconds each time.

Flexibility 3

Finish your routine with the flexibility activity for 20 seconds.

THURSDAY

Energizer 4

Repeat the energizer 2 times and for 10 seconds each time.

Flexibility 4

Finish your routine with the flexibility activity for 20 seconds.

FRIDAY

Create and practice your own energizer and repeat it throughout the day. Video record or take pictures of your newly created energizer and post it in your students ClassDojo.