



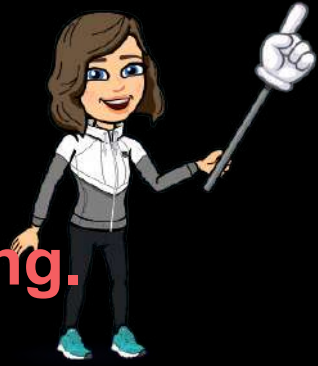
Welcome to P.E.!!

Ms. C





1. If the teacher's talking, you are listening.



2. If you have a question, raise your hand.

3. Water at the end of class



4. Keep hands and feet to self



Warm up: Dice Fitness

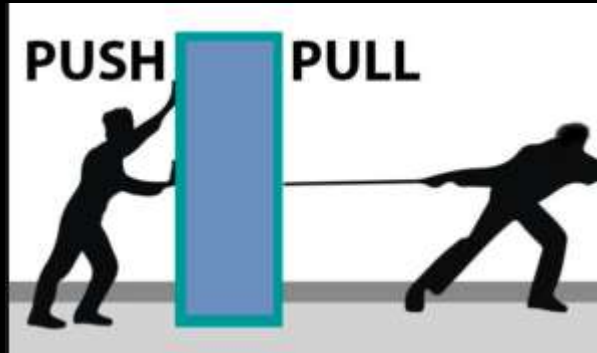


Dice Fitness



Muscular Strength:

The maximum amount of **FORCE** a muscle can produce against resistance in a single effort.



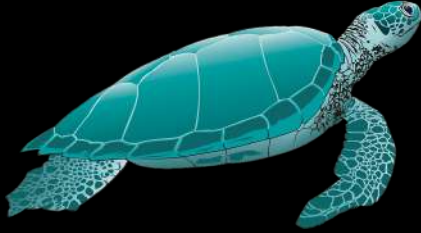
$$F_{\text{orce}} = M \times A$$

25

**BACKPACK
THRUSTERS**

BACKPACK WORKOUT

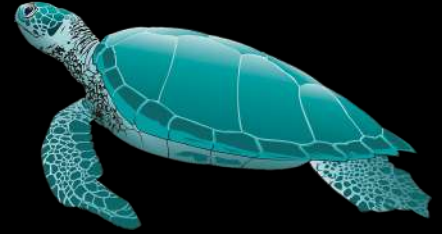
A child is shown in mid-air, jumping with their arms raised and holding a pink backpack above their head. The child is wearing a dark long-sleeved shirt and black pants. The background is a blurred green field with a blue sky.



Game: SLOW Race

(If time)

Rules of Play:



- Students must move as SLOWLY as possible from one side of the room to the other.
- Students must be moving at ALL TIMES. If you stop moving, you are OUT!
- Bumping/pushing is NOT allowed
- Students who are out must judge the race.

Cool Down

