



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



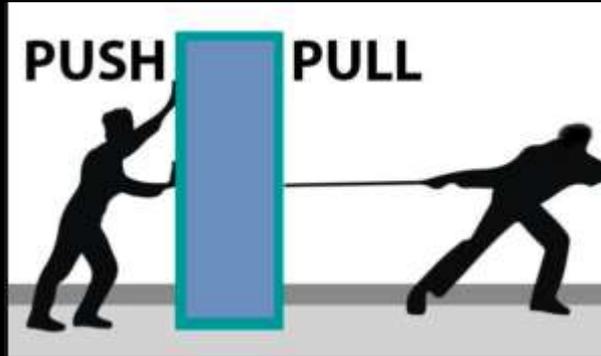
Warm up: Dice Fitness



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



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

