

4th Grade Fitness Unit

ROUND 1



STRADDLE STRETCH

ROUND 2



KNEE HUG STRETCH

ROUND 3



SUN STRETCH

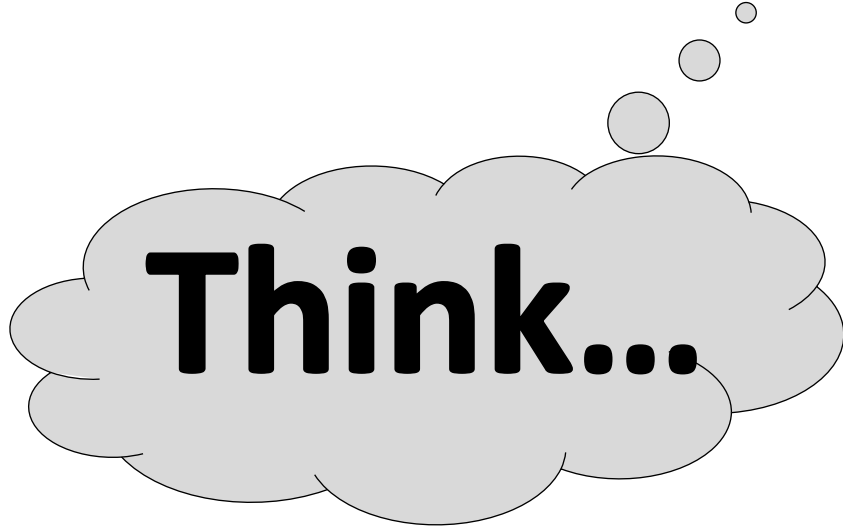
Debrief

What area of fitness
were those exercises
enhancing?

FLEXIBILITY

**How did your body feel
during those FLEXIBILITY
exercises?**

FLEXIBILITY



?

Exercises that ***stretch***
your muscles out.

ROUND 4



V-SIT

ROUND 5



CHAIR POSE

ROUND 6



FLUTTER KICKS

Debrief

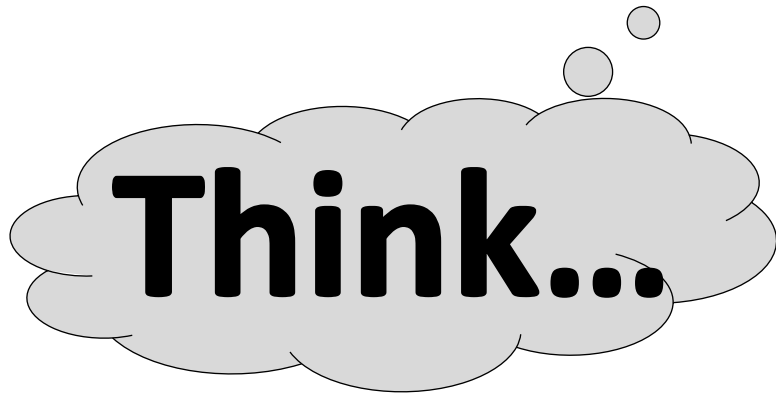
What area of fitness were those exercises enhancing?

**MUSCULAR STRENGTH/
MUSCULAR ENDURANCE**

**How did your body feel
during those**

**MUSCULAR STRENGTH/
MUSCULAR ENDURANCE
exercises?**

MUSCULAR STRENGTH / MUSCULAR ENDURANCE?



Exercises that *make*
your muscles tired.

ROUND 7



MOUNTAIN CLIMBERS

ROUND 8



BURPEES

ROUND 9

JOGGING

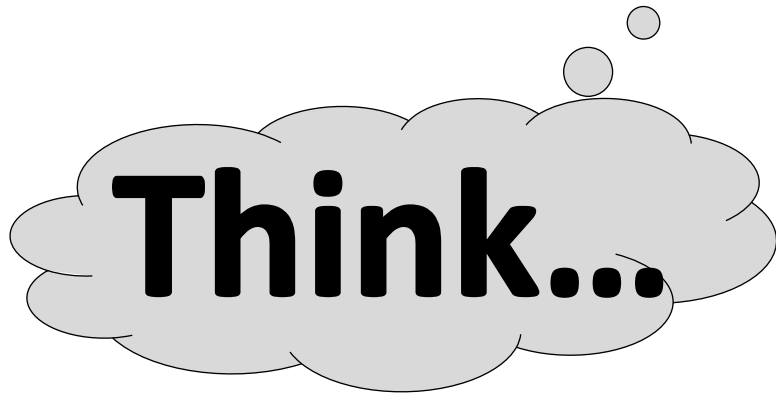
Debrief

What area of fitness were those exercises enhancing?

**CARDIORESPIRATORY
ENDURANCE**

**How did your body feel
during those
CARDIORESPIRATORY
ENDURANCE
exercises?**

CARDIORESPIRATORY ENDURANCE?



Exercises that *make your*
heart beat really fast.