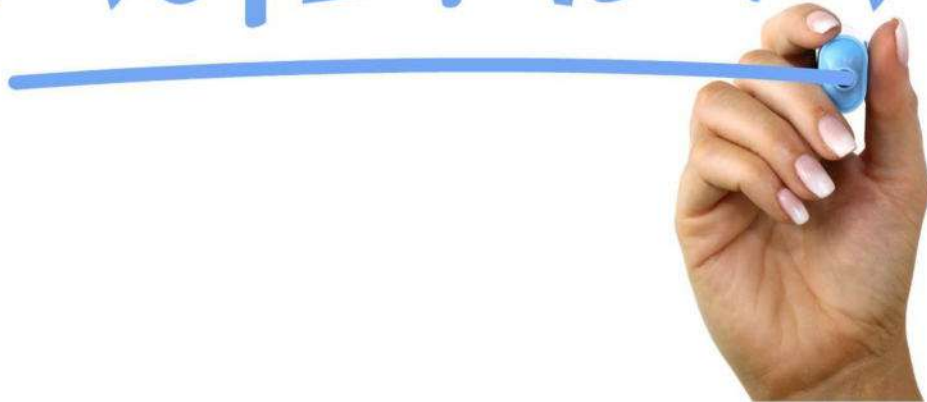


Day 7: Flexibility
Unified PE

AGENDA



**What
are we
doing
today?**

- Review Learning Goal
- Review Vocabulary
- Warm-up: Teacher-Led
- Activity: Movie-themed Yoga
- Cool Down: 3-minute Body Scan Meditation

**What's
due?**

- Exit Ticket – on Canvas in Announcements & under lesson materials

Learning Goal

I can identify the health-related components of physical fitness

Vocabulary

Flexibility – the ability to bend and move the joints through the full range of motion

Brain Bites - Flexibility



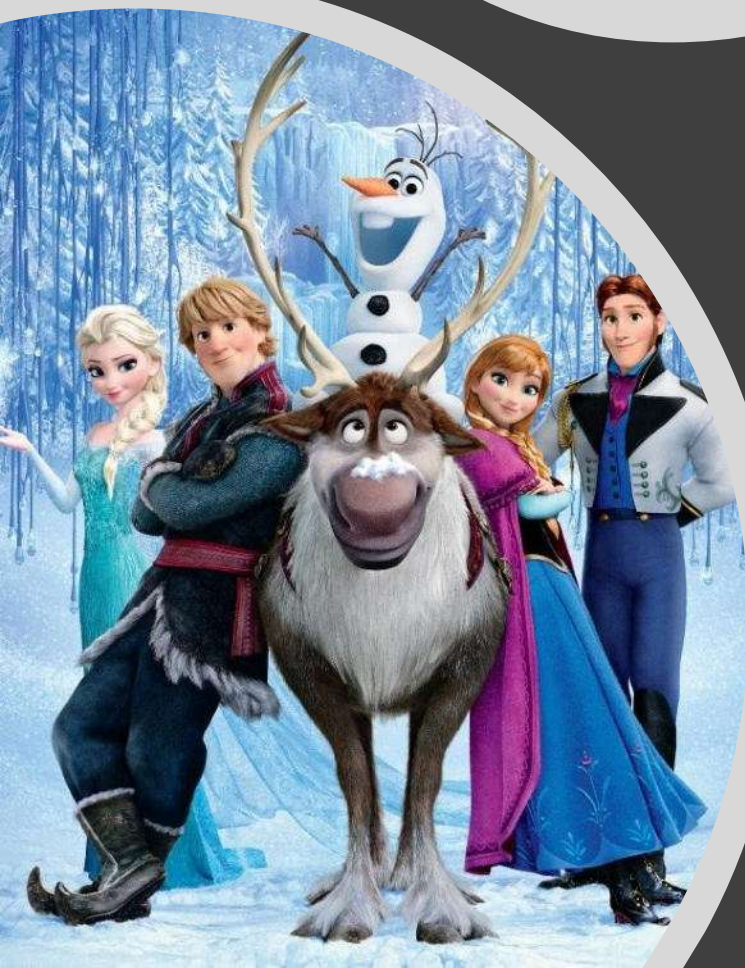
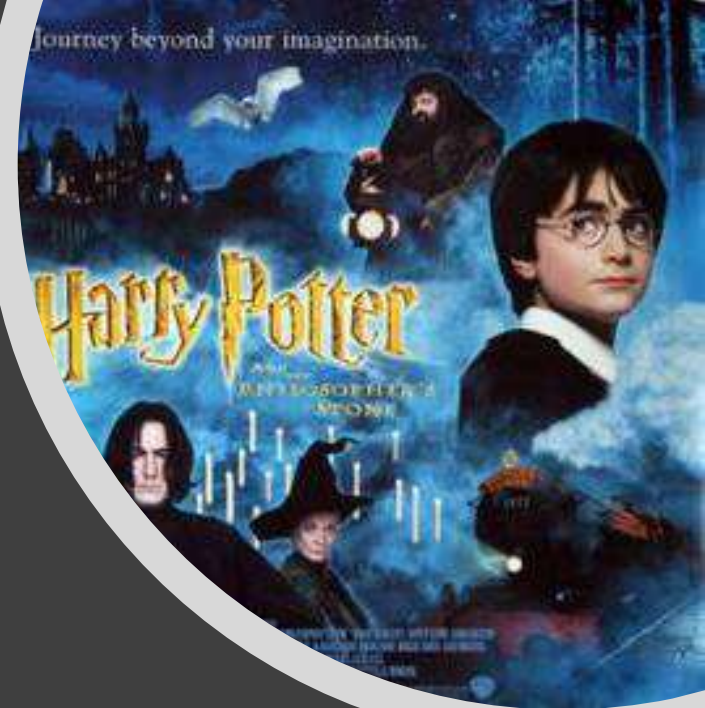
Warm-up

Cardio: Go through each 2x

- 15 sec. air jump roping
- 15 sec. jumping jacks
- 15 sec. butt kickers
- 15 sec. high knees/march in place

Dynamic Stretching:

- 6 lunges
- 6 squats
- 6 Sumo squat alternating shoulder dips
- 10 alternating toe touches
- 6 Hip openers
- 6 Hip closers
- 6 arm crosses
- Arm circles – small to big



[Yoga based on Movies](#)

Activity: Yoga

STAR
WARS



Cool Down: Mindfulness

Let's practice Mindfulness!

[3 Minute Body Scan Meditation](#)