



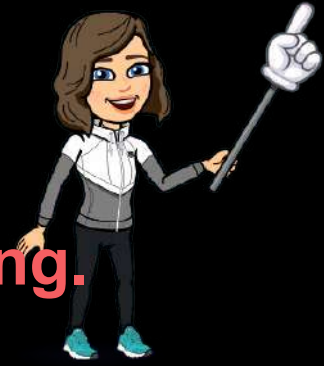
Welcome to P.E.!!

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



Flexibility:

The ability of your
body to BEND,
TWIST, and
STRETCH through a
full range of motion.



CHAIR YOGA



Cool Down: Hang Loose Breathing

