



Welcome to
P.E.!!

Ms. C



Mrs. Redfern's Zoom P.E. Rules:



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

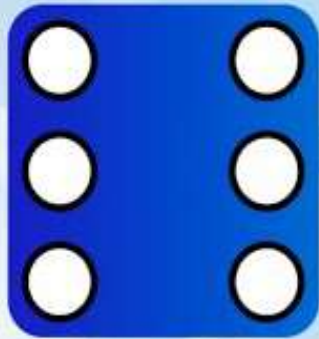
2. If you have a question, raise your hand.

3. Water at the end of class

4. Keep hands and feet to self



Warm up: Dice Fitness



Press pause
to roll the
DICE

JEDI

neilarey.com

- May the force be with you -



20

1. jump thrust



30
sec

2. push-up plank



10

3. raised leg push-ups



20

4. woodchoppers



20

5. side-to-side lunges



60
sec

6. one leg stand

STAR WARS

THIS IS THE WAY BABY YODA FITNESS



STAR WARS


'JEDI ACADEMY' WORKOUT

#GETKIDSMOVING 





Mindful Minute:

A man with a beard and brown hair, wearing a brown robe, is sitting cross-legged. He is looking directly at the camera with a serious expression. The background is a sunset or sunrise over a body of water, with a dark sky and some white streaks in the upper right corner. The text "Sit Cross Legged" is overlaid in white.

Sit Cross Legged