



**DODGE PHYSICAL EDUCATION**  
**BE RESPECTFUL \* BE RESPONSIBLE \* BE SAFE**

Mrs. Jillayne Case  
[jcase@twinsburgcsd.org](mailto:jcase@twinsburgcsd.org)  
 (330) 486-2266

Mr. Brian Velbeck  
[bvelbeck@twinsburgcsd.org](mailto:bvelbeck@twinsburgcsd.org)  
 (330) 486-2267



Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Exercise is a great way to start your day and prepare yourself to learn. Use this warm-up chart to get moving, or if you need a break from your daily assignments.

**\*I can** complete the following workouts to improve my health and to be physically active.  
 (Ohio physical education standard 3, benchmark B)

<b>Warm up:</b> complete the exercises listed for each day.	<b>Reflection:</b> write a sentence to compare the differences in how you feel before and after the warm-up. Critique the level of difficulty of the warm-up on a scale of 1-5 (5 being the most challenging).
Day 1 – Complete this work out 3 times. <ul style="list-style-type: none"> <li>● Jog in place 30 seconds</li> <li>● 15 jumping jacks</li> <li>● 15 high knees</li> <li>● Pretend to jump rope in place for 30 seconds</li> </ul>	
Day 2 - Complete this work out 3 times. <ul style="list-style-type: none"> <li>● Jog in place for 30 seconds</li> <li>● 5 push ups</li> <li>● 10 sit ups</li> <li>● 30 second plank</li> </ul>	
Day 3 - Complete this work out 3 times. <ul style="list-style-type: none"> <li>● Jog in place for 30 seconds</li> <li>● 15 squats</li> <li>● 15 lunges</li> <li>● Wall sit for 30 seconds</li> </ul>	
Day 4 - Complete this work out 3 times. <ul style="list-style-type: none"> <li>● Jog in place for 30 seconds</li> <li>● 15 mountain climbers</li> <li>● 15 squat jumps (squat down, jump as high as you can)</li> <li>● 15 skips in place</li> </ul>	
Day 5 - Complete this work out 3 times. <ul style="list-style-type: none"> <li>● Jog in place for 30 seconds</li> <li>● 5 push ups</li> <li>● 15 squats</li> <li>● 30 second plank</li> </ul>	