



DODGE PHYSICAL EDUCATION
BE RESPECTFUL * BE RESPONSIBLE * BE SAFE

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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)

<p>Warm up: complete the exercises listed for each day.</p>	<p>Reflection: 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).</p>
<p>Day 1 – Complete this work out 4 times.</p> <ul style="list-style-type: none"> ● Jog in place 30 seconds ● 15 jumping jacks ● 15 high knees ● Pretend to jump rope in place for 30 seconds 	
<p>Day 2 - Complete this work out 4 times.</p> <ul style="list-style-type: none"> ● Jog in place for 30 seconds ● 5 push ups ● 10 sit ups ● 30 second plank 	
<p>Day 3 - Complete this work out 4 times.</p> <ul style="list-style-type: none"> ● Jog in place for 30 seconds ● 15 squats ● 15 lunges ● Wall sit for 30 seconds 	
<p>Day 4 - Complete this work out 4 times.</p> <ul style="list-style-type: none"> ● Jog in place for 30 seconds ● 15 mountain climbers ● 15 squat jumps (squat down, jump as high as you can) ● 15 skips in place 	
<p>Day 5 - Complete this work out 4 times.</p> <ul style="list-style-type: none"> ● Jog in place for 30 seconds ● 5 push ups ● 15 squats ● 30 second plank 	