

A decorative border at the top and bottom of the page consists of overlapping, colorful geometric shapes in shades of red, orange, yellow, green, blue, and purple. The shapes are arranged in a jagged, mountain-like pattern. In the center of the page, there is a large, faint, light-colored geometric shape that resembles a stylized letter 'A' or a similar abstract form.

GRADE 7

**PHYSICAL
EDUCATION**

LET'S KEEP FIT & STAY HEALTHY

(WHEN YOU COMPLETE ANY OF THESE EXERCISES, MAKE SURE TO STAY SAFE).

WARM-UP:

- JOG OR RUN ON THE SPOT FOR 5 MINUTES.

ACTIVITY:

- 50 x JUMPING JACKS ON THE SPOT.
 - 50 x HIGH KNEES
 - 10 x BURPEES
 - 30 x SQUATS
- 20 x LUNGES (ALTERNATE LEGS)
 - 20 x SIT-UPS
 - 50 JUMPING JACKS
- (REPEAT IF POSSIBLE)

COOL DOWN:

- RUN ON THE SPOT FOR ANOTHER 5 MINUTES
- STRETCH FOR 5 MINUTES (MAKE SURE YOU HOLD EACH STRETCH FOR 30 SECONDS)

