



GRADE 6

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:

- 40 x JUMPING JACKS ON THE SPOT.
 - 40 x HIGH KNEES
 - 10 x BURPEES
 - 20 x SQUATS
 - 20 x LUNGES
- 40 JUMPING JACKS
- (REPEAT IF POSSIBLE)

COOL DOWN:

- STRETCH FOR 5 MINUTES (MAKE SURE YOU HOLD EACH STRETCH FOR 30 SECONDS)