
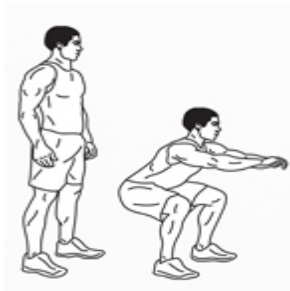




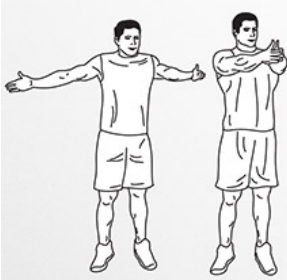



Middle School PE Warm Up

2 sets of each warm up exercise below
(increase to 3 sets as you get stronger)

Exercise	Picture	Description
10 Jumping Jacks		<ol style="list-style-type: none">1. Stand straight with your feet together, arms down at your side2. Jump up, pushing feet and arms outward3. Arms touch at top, legs should be width apart4. Repeat for 10 reps
10 Body Squats		<ol style="list-style-type: none">1. Stand straight with your feet shoulder width apart2. Sit back on your heels as if you were sitting in a chair and bend your knees to 90 degrees3. Press your heels into the floor and stand straight up4. Repeat for 10 reps
10 Calf Raises		<ol style="list-style-type: none">1. Stand straight with your feet shoulder width apart2. Raise your heels off the floor and stand on your toes squeezing your calf muscle3. Repeat 10 reps



<p>10 Arm Circles (Forward & Backward)</p>		<ol style="list-style-type: none">1. Stand straight with your feet shoulder width apart2. Raise and extend your arms to the side without bending your elbows3. Slowly rotate your arms forward making big circles. Repeat for 10 reps4. Slowly rotate your arms backward making big circles. Repeat for 10 reps
<p>10 Chest Expansions</p>		<ol style="list-style-type: none">1. Stand straight with your feet shoulder width apart2. Raise and extend your arms to the side without bending your elbows3. Slowly rotate your arms backward making big circles4. Repeat for 10 reps
<p>10 High Knees</p>		<ol style="list-style-type: none">1. Stand straight with your feet shoulder width apart2. Bring your right knee up to waist level and then bring it back to the ground3. Bring your left knee up to waist level and then bring it back to the ground4. Repeat for 10 reps