





PE K-5 Warm Up

1 set of each warm up exercise below
(increase to 2 sets or 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 side 2. Jump up, pushing feet and arms outward 3. Arms touch at top, legs should width apart 4. Repeat for 10 reps
10 Forward Arm Circles		<ol style="list-style-type: none"> 1. Stand straight with your feet shoulder width apart 2. Raise and extend your arms to the side without bending your elbows 3. Slowly rotate your arms forward making big circles 4. Repeat for 10 reps
10 Reverse Arm Circles		<ol style="list-style-type: none"> 1. Stand straight with your feet shoulder width apart 2. Raise and extend your arms to the side without bending your elbows 3. Slowly rotate your arms backward making big circles 4. Repeat for 10 reps
10 High Knees		<ol style="list-style-type: none"> 1. Stand straight with your feet shoulder width apart 2. Bring your right knee up to waist level and then bring it back to the ground 3. Bring your left knee up to waist level and then bring it back to the ground 4. Repeat for 10 reps