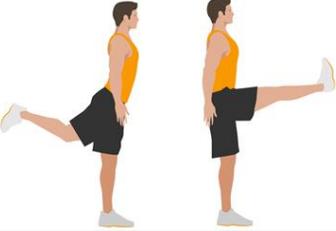
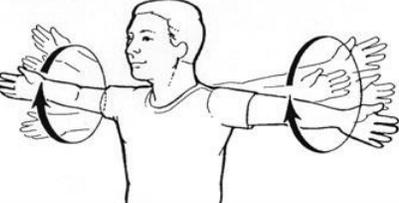
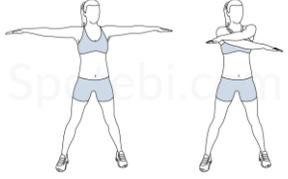


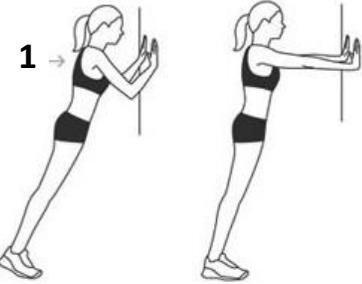
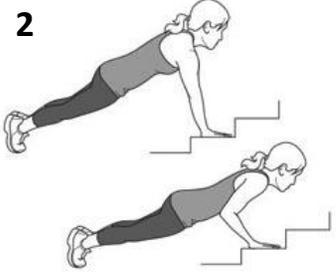
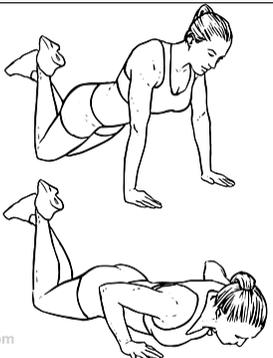
PHYSICAL EDUCATION PACKET: PRACTICE/TRAINING FOR THE FITNESS TESTS

Dynamic Warm-up: Perform the exercises below at the given repetition range before each workout.			
Leg swings (10 forward/back for each leg)	Butt Kickers (10 each leg)	High Knees (10 each leg)	Walking Lunge (5 steps forward for each leg)
			
Arm circles (10 clockwise/counter clockwise)	Arm swings (10 forward/backwards)	Wind mills (Alternate right to left 5 times)	
			

WORKOUT

Muscular Strength, Push-up practice: Begin at level #1 and do 5 repetition. If done successfully then do 5 reps at level #2. If successful at level 2 perform 5 reps. at level 3. If successful at level 3 then do as many repetitions as you can at level 4. If you can't perform 5 reps. at a level then continue to practice at that level until you can do 5 before proceeding to the next level.

Easy
➔
 More Difficult

<p>1</p>  <p>Wall Push Ups</p>	<p>2</p>  <p>Incline Push Ups</p>	<p>3</p> 	<p>4</p> 
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Muscular Endurance/Strength of the Abdominals: Do a pre-test of the curl-up test. Base your level of exercise on the pre-test results. Practice for a minimum of 3 times per week.

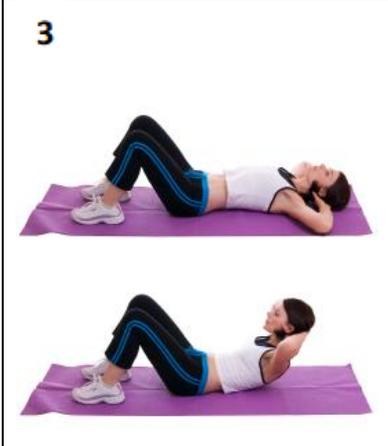
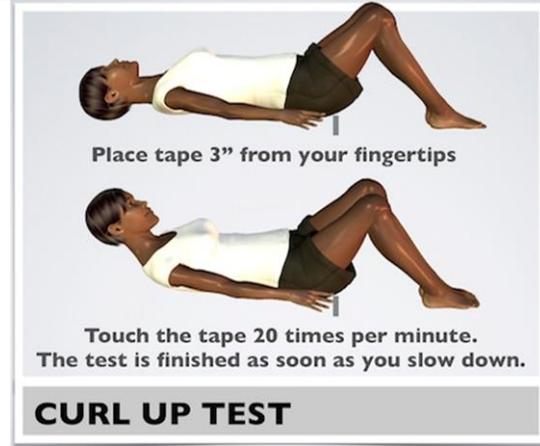
Curl-up pre-test: Perform as many curl-up test curl-ups (picture #1) as you can until 1) your foot or feet lift off the floor, 2) one or both hands loose contact with the floor, or 3) your buttock lifts off the floor.

If 10 or less test curl ups are performed then practice by placing your hands on your thigh and repeat as many as you can until you can no longer reach the top of your knees.

If you can do 10 to 25 test curl-ups then continue practicing this technique until you have a break in form.

If you can perform more than 25 test curl-up then practice by placing your hands to the side of your head (do not lock your fingers behind your head and don't pull on your head). Do as many as you can until you have a break in form (feet off the floor or hands coming away from your head).

Easy
→
 Difficult



Cardiovascular Endurance: Improve your heart health and muscular endurance for the pacer test. Perform an activity below for a minimum of 3 times per week. You may vary or mix up the activities.

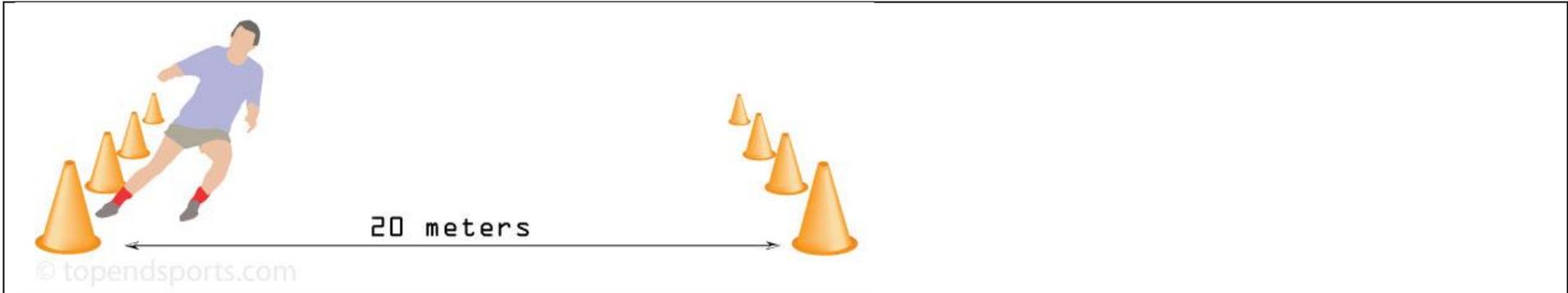
30 Minute Walk or Hike

10 minutes Fartlek run – A fartlek is a very simple form of a long distance **run**. **Fartlek** training “is simply defined as periods of fast **running** intermixed with periods of slower **running**.” For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections added in when possible.

10 minutes of Stair climbing – walk up and down stairs in your home. Good bad weather day exercise.

20 minutes of Interval training. Jog for 1 minute then walk for 3 minutes. Repeat until 20 minutes have passed.

Practice the Pacer: Use this link for the audio to the pacer. <https://youtu.be/6z9eA4y6Z5A> Set two marks down that are 20 meters apart or 65 feet and 7 inches apart from each other.



<p>Cool Down: Perform the following static stretches to improve your flexibility. Do these stretches after every exercise workout. Stretch and hold for 30 seconds</p>			
Hamstring stretch	Quadricep stretch	Calf (Gastrocnemius) stretch	Chest (Pectoral) stretch