

PE Distance Learning Lessons
Dr. N. E. Roberts Elementary

Week 1

Warm Ups-

- 10 Jumping Jacks
- 10 seconds reaching down touching your toes
- 10 seconds reaching down touching the ground
- 10 squats
- 10 Push ups
- 10 Abs-crunches

Now let's do a 5 minute workout. Each minute will be a different exercise. In each minute you will be active for 40 seconds and rest 20 seconds.

- 1 minute: High-Knees walking in place
- 1 minute: Jog in place
- 1 minute: Squats
- 1 minute: Climb the rope
- 1 minute: Quick feet - a little faster than jogging in place

[Please click here to view this week's video lesson.](#)

Week 2

Warm Ups-

- 10 Jumping Jacks
- 10 seconds reaching down touching your toes
- 10 seconds reaching down touching the ground
- 10 squats
- 10 Push ups
- 10 Abs-crunches

Now let's do a 5 minute workout. Each minute will be a different exercise. In that minute you will be active for 40 seconds and rest 20 seconds.

- 1 minute: Sit-Ups
- 1 minute: Planks
- 1 minute: Jogging
- 1 minute: Abs
- 1 minute: Planks-Shoulder Touch

[Please click here to view this week's video lesson.](#)

Week 3

Warm Ups-

- 10 Jumping Jacks
- 10 seconds reaching down touching your toes
- 10 seconds reaching down touching the ground
- 10 squats
- 10 Push ups
- 10 Abs-crunches

Now let's do a 5 minute workout. Each minute will be a different exercise. In that minute you will be active for 40 seconds and rest 20 seconds.

- 1 minute: High-Knees
- 1 minute: Walking in the house for 40 sec or walking in place.
- 1 minute: Jumping Jacks
- 1 minute: Mountain Climbers
- 1 minute: Crunches

[Please click here to view this week's video lesson.](#)

Week 4

Warm Ups-

- 10 Jumping Jacks
- 10 seconds reaching down touching your toes

- 10 seconds reaching down touching the ground
- 10 squats
- 10 Push ups
- 10 Abs-crunches

Now let's do a 5 minute workout. Each minute will be a different exercise. In that minute you will be active for 40 seconds and rest 20 seconds.

[Please click here to view this week's video lesson for the 5 minute workout.](#)

Week 5

Warm Ups-

- 10 Jumping Jack
- 10 seconds reaching down touching your toes
- 10 seconds reaching down touching the ground
- 10 squats
- 10 Push ups
- 10 Abs-crunches

Now let's do a 5 minute workout. Each minute will be a different exercise. In that minute you will be active for 40 seconds and rest 20 seconds.

This week's 5-minute workout will be posted soon!