

Mr. T's PE

Hello St. Leo's School I hope you guys are doing well and staying physically active as much as possible. Attached below are this week's workouts/Assignments.

Pre K – 3rd

- 1) Watch the following video and complete the workout then answer the following questions. All answers must be emailed to ataboadela@stleosschool.org :

<https://www.youtube.com/watch?v=X655B4ISakg&t=287s>

- A) What was your favorite yoga pose?
- B) How did you feel when doing yoga?
- C) Did you like yoga or did you prefer the last workout better?

- 2) Watch the following video complete the workout: **WARNING** be careful on the rolling.

<https://www.youtube.com/watch?v=9C9aVOSQ-UI>

4th – 8th

- 1) Watch the following video and complete the workout then answer the following questions. All answers must be emailed to ataboadela@stleosschool.org :

<https://www.youtube.com/watch?v=WmGjxU3Ggko>

- A) What exercises in the video did you like?
- B) What muscles do you think you were working the hardest?
- C) Besides just working out, what are two other ways to stay healthy?

- 2) Watch and complete the workout below:

<https://www.youtube.com/watch?v=X1TuhAn6C-g&t=1s>

- A) What does the word cardio mean?
- B) What do cardiovascular exercises do?

