

ST LEOS SCHOOL PE

Hello St. Leo's School students! It is your one and only PE teacher here Mr. T bringing your weekly physical activity and assignments. I hope that you are doing well!

1st – 3rd Grade

Complete the exercises below.

https://www.youtube.com/watch?v=j24_xH5uvdA

Complete the exercises below. Answer the question below. Send to ataboadela@steleosschool.org.

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

- What is exercise?
- Why should we exercise?
- Based on the videos above, is working out fun?



4th – 8th Grade

Complete the exercises and answer the questions below. All answers should be sent to ataboadela@steleosschool.org.

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

- What is a calisthenics exercise?
- List 3 different calisthenic exercises:
- Take your heartrate after the workout and write it down.

Complete the exercises and answer the questions below. All answers should be sent to

ataboadela@steleosschool.org.

https://www.youtube.com/watch?v=0r_XSiNwnkY

- What does HIIT stand for?
- How much exercise should someone get daily?
- Take your heartrate after the workout and write it down.



