Physical Education

Teens are recommended to get a least one-hour of moderate to vigorous physical activity most days of the week. The minimum amount should be 30 minutes three times a week. **We are asking you to engage in a physical activity while away from school for at least 30 minutes 5 times a week.**

After you engage in your activity, record your work on the provided log. Please detail what your activity consisted of and for how long you were active. It is completely up to you which physical activity you prefer to participate in but you must describe the activity in detail.

We have several suggestions listed below:

Darebee.com – Fitness on your terms

YouTube.com- Search workouts you are interested in performing

 -Full Body without equipment

 -Yoga with Adrriene

 -Best Workouts for Teens

 -Cardio Workouts without equipment

FitnessBlender.com – Free Workout Videos

SweatyBetty.com – Free HIIT Workouts

Turbulence Training – At-home Full-body10 minute workouts

You are welcome to look for additional workouts outside of the suggested few listed here! Complete any 30-minute physical activity of your choice!!

Activity #7

Activity #8

Activity #9

Activity #10

Activity #11

Activity #12