

E-Learning PE Instructions

1. **Resting Heart Rate**
Take your resting heart rate and submit it in the Google Form.
2. **Warm-Up**
Complete warm-up (next slide)
3. **Choose Today's Activity**
Click on the activity for the day (Example: *Day 1 – Card Deck Fitness*) and complete it.
4. **Working Heart Rate**
Take your working heart rate after the activity and enter it in the Google Form.
5. **Cool Down**
Do your choice of cool-down stretches or a mindful breathing activity.
Optional: Mindful Minute PE
6. **You're Done for Today!** 😊

****Repeat these steps for each e-learning day.

Warm Up

25 SEC. PLANK

10 Criss Cross Line Jumps

10 PUSH UPS

10 CURL UPS

5 BURPEES

Day 1: Card Deck Fitness

- **Google Slip Form 1**

Day 2: Choose It Fitness

- **Google Slip Form 2**

Day 3: Fitness Simon

- **Google Slip Form 3**

Day 4: Fitness Uno

- **Google Slip Form 4**

Day 5: Jump Rope Cardio Workout

- **Google Slip Form 5**