



Brian Hatherly
K-8 PE/HE Consultant
Manitoba Education, Citizenship and Youth
1567 Dublin Avenue
Winnipeg, Manitoba
R3E 3J5

<http://www.edu.gov.mb.ca/k12/cur/physhlth>

Ph. (204) 945-8143
brian.hatherly@gov.mb.ca



Warm up Activity: A

Jog 10 line touches end to end

2 x's skipping end to end

2 times, grape vine, end to end

1 times, walking A's

1 times butt kickers

1 times running A's- half way

1 cartwheel or front roll

20 curl ups

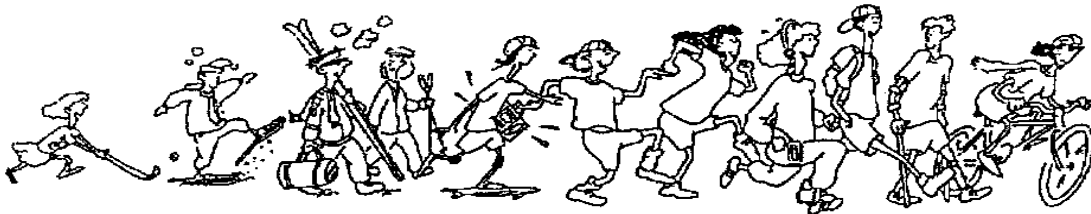
10 side-ways curl ups, 10 sideways (other side)

Front plank (count 30 steamboats)

Side plank, count 20 steam boats (then other side)

16 squat jumps

B. Hatherly



Warm up Activity: D

Skip end to end 3 times

Run end lines 8 times

Grape vine 2 times

Do 3 high fives!

Hop on 1 foot to end, other foot all the way back to other end

Alternate 'A's, while jogging lightly, end lines, two times

Push ups, 2 sets of 10 repetitions (you choose: modified or more challenging)

30 Curl ups, alternating sideways

10- 12 squat jumps, then hold a 10 second skier tuck

Wall sitting, count 30 steam boats

B. Hatherly

