PE Warm-Up

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 To Do Finished

 1.

 2.

 3.

 4.

 5.

 6.

 7.

 8.

 9.



10 Jumping Jacks



10 Push-Ups



10 Curl-Ups



Leg Lunges

 Sit and Reach



High Knees



Bottom Kicks



Shoulder Stretch



Trunk Lift