PE Warm-Up

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To Do Finished

1.

2.

3.

4.

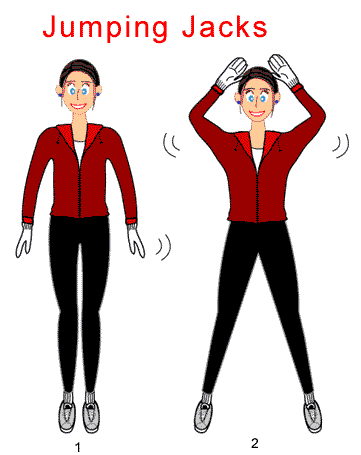
5.

6.

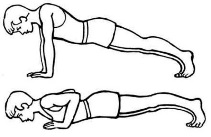
7.

8.

9.



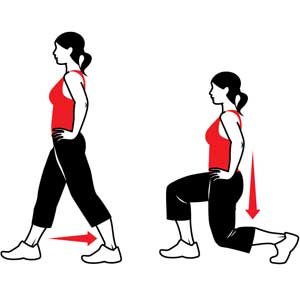
10 Jumping Jacks



10 Push-Ups



10 Curl-Ups



Leg Lunges

Sit and Reach



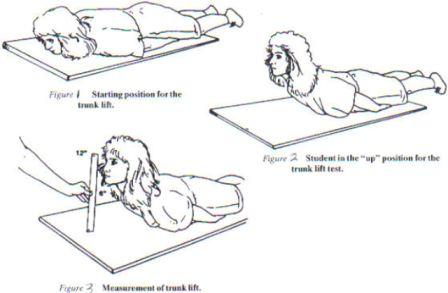
High Knees



Bottom Kicks



Shoulder Stretch



Trunk Lift