

## PE Warm-up Routine

\*Please complete the list 2 times\*

- 20 Jumping Jacks (K-15)
- 10 Toe Touches
- 10 Seated Toe Touches
- 10 Butterflies
- 20 Jumping Jacks (K-15)
- 10 Arm Circle Forward
- 10 Arm Circle Backward
- 5 Self Hugs
- 10 Push-ups (K-5)
- 10 Sit-ups
- 10 Bicycles
- 10 Flutter Kicks
- 10 Squats
- 10 High Knees
- 10 Butt Kickers
- 10 Lunges (K-5)
- 10 Forward/Backward Jumps
- 10 Side/Side Jumps
- 10 Second Plank