HCHS 2025 PE – E-Learning Lesson Plans for 5 days

Each Day, Click on the link attached and do the daily exercise video. Please complete video and document on the chart below the minutes you participated each day for your daily grade.

Link to Hudl:

Day 1 Lesson: Aerobics for Beginners – 45 min

https://www.youtube.com/watch?v=a44ayeoSfKM

Day 2 Lesson: Intermediate Aerobics – 45 min

https://www.youtube.com/watch?v=ZCbOZyLeQoQ

Day 3 Lesson: Full Body Walk – 45 min

https://www.youtube.com/watch?v=2Rp2t4n8UXA

Day 4 Lesson: Zumba – Beginners Workout – 45 min

https://www.youtube.com/watch?v=mZeFvX3ALKY

Day 5 Lesson: Power Walking Workout – 45 min

https://www.youtube.com/watch?v=UDATUfvf9cI

Day	**Date:**	**Mins Participated**
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		