

Kermit pk-8 Physical Education NTI Packet #2

Warmup

Always warmup up before doing any physical activity.

This workout is a fully body exercise that is very taxing on the body. Be sure to do all stretches performed each day in PE class before beginning the workout.

Physical Challenge

This workout can be as difficult as you make it. Learn to push your body to complete the movements in a safe, timely fashion.

Workout:

Complete as many **Burpees** as you can in 8 minutes.

How to do a Burpee

<https://www.shape.com/fitness/tips/how-do-burpee-exercise-benefits>

Kindness Challenge

A kind word is often all that is needed to truly make someone's day.

Take a few minutes today to call a family member or friend and say hello. They will love to hear your voice!

TRUE ENJOYMENT COMES FROM ACTIVITY OF THE MIND AND EXERCISE OF THE BODY; THE TWO ARE EVER UNITED.

WILHELM VON HUMBOLDT