

## Mr. Matthies

K-2 PE/HS Fitness

### ***HS PE 1 and 2***

#### **Stretch/Dots/Jump Rope/Warm-up**

**Objective:** aerobic and muscular endurance/strength  
agility - flexibility - locomotor movement  
jumping

Standards: **1--2-3 2--1-3 3--2-3 4--1 5--2-3**

#### **Lift/Cardio**

**Objective:** aerobic and muscular endurance/strength  
agility - flexibility - locomotor movement  
other physical activity benefits

Standards: **1--2-3 2--1-3 3--2-3 4--1 5--2-3**

### ***HS PE 3***

#### **Stretch/Dots/Jump Rope/Warm-up**

**Objective:** aerobic and muscular endurance/strength  
agility - flexibility - locomotor movement  
jumping

Standards: **1--2-3 2--1-3 3--2-3 4--1 5--2-3**

#### **Cardio interval/Activity**

**Objective:** aerobic and muscular endurance/strength  
agility - flexibility - locomotor movement  
other physical activity benefits

Standards: **1--2-3 2--1-3 3--2-3 4--1 5--2-3**