

**Students must choose one of the following in each column.**

<b>Motor Patterns PE.S1.E1</b>	<b>Manipulative Skills PE.S1.E11,E13,E14</b>	<b>Enhances Health PE.S3.E7</b>
Skip for 1 minute	Thow 25 times	Run for 1 minute
Gallop for 1 minute	Kick 25 times	Jumping jacks or jump rope for 1 minute
Shuffle for 1 minute	Catch 25 times	10 Push-ups 10 Sit-ups 10 Push-ups 10 Sit-ups 10 Push-ups 10 Sit-ups
Hop 25 times on each foot  Hop = take off and land on same foot	Bat 25 times	Run up and down your stairs 10 times
Run and leap 10 times  Leap is take off on one foot land on the opposite foot	Dribble 25 times	Dance for 1 minute