

# 6th Grade Physical Education - Daily Routine

Mr. Deschaine

- Students are to be in the locker room at the scheduled start time for class.
- Class begins their own warm up **FOUR Minutes** after the start time.
- Remember that your grade will be higher if you are appropriately dressed for class.
- Complete **ALL warm-up activities**.

## Attendance, warm up period [4-5 minutes]

### The *Students* Lead The Following Warm Ups:

- Reverse Handstands
- L-Sits
- Crunches
- Standing Spinal Flexions
- Back Arch to Wall-(Standing)
- Wall Sits
- Shoulder Stretch- (Arms Across)
- Shoulder Stretch- (Down the Back)
- Gastrocnemius (Soleus-Achilles) Stretch
- Torso Twists

## Paced Jog/Run [6-8minutes]

- Jog/run 3-4 minutes in each direction on our court/field.
- Maintain a reasonable Exercise Heart Rate
- Your teacher will help you check your heart rate at the half way point and at the end of your jog/run.

## Sports Activity for the Day [25-27 minutes]

## To the Locker room to dress [Last 5 minutes before passing time]

## Daily Assessment of student's performance.