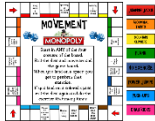











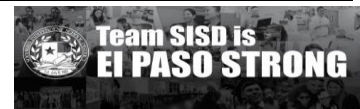


Do the Warmup/Cooldown Before & After every workout	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Warm-up</u> <u>Cool-down</u>	Bonus Daily Game Alphabet Game	Antman Warm UP 	HIIT Workout 	Circuit Training 	Meditation 
<u>Warm-up</u> <u>Cool-down</u>	Fitness BINGO 	PE Fortune Teller	2 x 2 Partner Fitness 	Tic Tac Toe Fitness 	Family Fun Cardio 
<u>Warm-up</u> <u>Cool-down</u>	HIIT Workout 	UNO Card Fitness 	Sally Up/Down Squat Challenge Leg Lift Challenge	Would you Rather #1 Fitness challenge	My Physical Activity Log 
Additional resources	Shuffle the Deck	Sport Stacking	10 Minute Jump Rope Workout 	Shape America March Moves Calendar	Race to 100

To access our Digital Playground, Click Control and the link to go to our daily Lesson. Enjoy & See you Soon!

High School Digital P.E.





#TeamSISD

Socorro Independent School District
Leading • Inspiring • Innovating

The right choice for

ENDLESS OPPORTUNITIES.

Created by: SISD High School P.E. Ambassadors Monica Perez, Aldo Gonzalez, Dwan Smith, and Marcy Rocha. All resources were retrieved from shared P.E. files. Thanks to those who contributed. Tweet while your having fun! #TeamSISD #PESTRONG_SISD @SocorroISD