

PE for the week

Try to complete each day:

1. 10 star jumps
2. 10 squats
3. 10 knee highs
4. 10 butt kicks
5. 10 press ups (on your knees if you need to)
6. Rest for 1 minute (and drink some water)

Level 1 - repeat the sequence 2 times

Level 2 - repeat the sequence 3 times

Level 3 - repeat the sequence 4 times

Hard-core - do the sequence as many times as you can over the 30
minute period