

# Grade 4 Phys Ed

## Week 10

### Warm up

Jumping Jacks X30

Inch worms X6

### Activity

1. Throw in - 20 squats. Sprint to fetch, move to next marker
2. Throw in - 10 tuck up's. Sprint to fetch, move to next marker
3. Throw in - 5 burpees. Sprint to to fetch, move to next marker
4. Throw in - 8 reverse crunch. Sprint to fetch, move to marker
5. Throw in - 6 single leg hop. Sprint to fetch, move to marker
6. Throw in - 8 push up's, sprint to finish 🏁