**Physical Education Assignment**

**Holmes County High School**

**Coach White, Coach Lee, & Coach Powell**

Students will perform these assignments on Tuesdays and Thursdays of every week

Starting 3/31/2020. Students are expected to keep a log of the dates and times they complete assignments. Students need to keep a copy of their log to turn in when it is asked for by the P.E. coach or administration.

Assignment-

Cardio warm up- Total 20 yards, jog the last 10 yards

Knee hugs

Walking lunges

Opposite leg, opposite hand

Side stride, flip at 10 yards

Backwards run, turn left at 10 yards

Backwards run, turn right at 10 yards

Jog 20 yards, down & back

**Stretch, hold for 10 count**

Feet together, touch toes

Left over right

Right over left

Feet apart, right side, left side, down the middle

Quad, grab right ankle, grab left ankle

Right arm across

Left arm across

Right over the top

Left over the top

**Exercise for Tuesday**

Push ups

Sit ups 3 sets 5 reps

Air squats

**Exercise for Thursday Circuit**

Push ups

Sit ups 3 sets 5 reps

Air Squats

Jump Rope Don’t have rope, line hop back and forth

If you have any questions, Contact Coach White on the Remind app

Text @poewh to 81010