

E-day April 1-3:

Day 1: Abs

For Preschool-4th Grade

To watch today's PE lesson and to complete the workout along with Coach Hawthorne please go online to "<http://www.perfectfitwc.com/on-line-classes.html>", Click under the video where it says, "Click here to enter class library!", Enter in the password as "member", Click on "Log in", Click on "Miscellaneous Classes", Then click on "Playlist" inside of the video screen, Scroll down and click on the "**Pre-School - 4th Grade Day 1 Abs**" video and follow along! If you are unable to access the video then just complete the workout below on your own and enjoy the physical activity!

- Pre-K - 4th grade:
 1. 10 sit ups
 2. 10 leg raises
 3. 10 bicycles
 4. 10 toe touches
 5. 10 Mountain Climbers
- 1 round (pre-k, kinder, and 1st grade), 2 rounds (2nd, 3rd, and 4th grade)

For 5th-8th Grade

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- 5th - 8th grade:
 1. 15 sit ups
 2. 15 leg raises
 3. 15 mountain climbers
 4. 15 toe touches
 5. 15 bicycles
 6. 30 sec. planks
- 2 rounds (5th & 6th grade), 3 rounds (7th & 8th grade)