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AMI Virtual PE Lessons

Warmups	
<ul style="list-style-type: none">• Spiderman Warmup• Strength Warmup• Active Isolated Stretching Warmup	
K-2 Lessons	3-6 Lessons
<p>Spine Lesson</p> <ul style="list-style-type: none">• Lesson <p>Joints Lesson</p> <ul style="list-style-type: none">• Lesson <p>Bones of the Arm and Hand Lesson</p> <ul style="list-style-type: none">• Lesson• Activity<ul style="list-style-type: none">○ Paperball Strength Challenge <p>Bones of the Torso Lesson</p> <ul style="list-style-type: none">• Lesson• Activity<ul style="list-style-type: none">○ Fan Bag Relay <p>Bones of the Leg and Foot Lesson</p> <ul style="list-style-type: none">• Lesson• Activity<ul style="list-style-type: none">○ Cup Jump Plyometrics <p>Heart Rate Lesson</p> <ul style="list-style-type: none">• Lesson• Activity<ul style="list-style-type: none">○ Household Items Relay	<p>Spine Lesson</p> <ul style="list-style-type: none">• Lesson <p>Joints Lesson</p> <ul style="list-style-type: none">• Lesson <p>Bones of the Arm and Hand Lesson</p> <ul style="list-style-type: none">• Lesson• Activity<ul style="list-style-type: none">○ Paperball Strength Challenge <p>Bones of the Torso Lesson</p> <ul style="list-style-type: none">• Lesson• Activity<ul style="list-style-type: none">○ Toilet Paper Planks○ Plank Tap Reaction Game <p>Bones of the Leg and Foot Lesson</p> <ul style="list-style-type: none">• Lesson• Activity<ul style="list-style-type: none">○ Cup Jump Plyometrics <p>Team AMRAP Challenge</p> <ul style="list-style-type: none">• Lesson- Understanding the Heart Rate (You can find this video attached to the Team 1 Challenge Assignment in the PhysEd Google Classroom)• Activity: Intro Video Team Challenge 1 (You can find this challenge attached to the Team 1 Challenge Assignment in the PhysEd Google Classroom)

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- You will be divided into teams. In Google Classroom, I will send you a Google Sheet with team assignments, a team challenge, and a FlipGrid code.
- Your goal is to accrue as many repetitions throughout the week as possible.
- The team with the highest total at the end of the week will be the winner.

Assessment: You will have 3 tasks:

1. Log the repetitions and describe the activity on the spreadsheet.
2. Record a short video clip of yourself participating in the activity on FlipGrid.
3. Leave encouraging feedback on at least 2 team members' videos on FlipGrid.

- [Team Assignment Google Sheet \(make a copy\)](#)
- Workouts
 - [AMRAP 1](#)
 - [AMRAP 2](#)
 - [AMRAP 3](#)