here are more than 30 facts and activities in the PDF attached in this folder, select a fact to ead and select a workout listed also in this folder (you could repeat any workout) fill the table keep track of your commitment. Could you do it at least 30 times?				
Day	In a sentence what did I learned about the fact that I read	Workout that I selected for today's challenge	Comments	

Name:_____ Date:_____ P.E. Summer Challenge

Facts and activities

More than 30 facts and activities

Optional Workouts

Type of exercise	Link to exercise	
10 QB Exercises	https://www.youtube.com/watch?v=hlbbMPsmyo0	
Reflex with tennis balls	https://www.youtube.com/watch?v=xDHNyI7BS1E	
100 Office workouts	https://drive.google.com/file/d/19qcOoJMkUsRNQ7-6 LSMPg2RtmN8YxAZ1/view	
Easy Bodyweight Workout	https://darebee.com/pdf/workouts/rookie-workout.pdf	
Full Bodyweight Maverick Workout	https://darebee.com/pdf/workouts/maverick-workout.	

Core Conditioning	https://darebee.com/pdf/workouts/core-conditioning- workout.pdf
Warrior Queen Workout	https://darebee.com/pdf/workouts/warrior-queen-workout.pdf
Easy Abs	https://darebee.com/pdf/workouts/easy-abs-workout.pdf
8 min. Abs workout	https://www.youtube.com/watch?v=W-9L0J_9qag
4 minute Tabata	https://youtu.be/kPwA8TFXO64
Avengers warm up	https://youtu.be/sqZFz44AB78
Perfect 10 Full Body Workout	https://darebee.com/pdf/workouts/perfect-10-workout.pdf
Locomotor movements	https://youtu.be/rCg-MkVkxyU
Jumping	https://youtu.be/rlbzgyfFeaU
Jump rope routine	Jump rope routine
Zumba warm-up	https://www.youtube.com/watch?v=xfmHPW-AfQs
Zumba warm-up	https://www.youtube.com/watch?v=93TSCBpIEM8&t= 303s
Zumba warm-up	https://www.youtube.com/watch?v=IZk_fcxr38g
30 days of Yoga for beginners	https://www.youtube.com/watch?v=oBu-pQG6sTY
30 Minute Bodyweight HIIT Workout	https://youtu.be/ml6cT4AZdql