PHYSICAL EDUCATION / TEAM SPORTS

WOMEN’S’S FITNESS

Send a minimum of 3 (your choice) to my email per week. If email is not accessible take a screen shot to show me when we return.

Have fun with this!

1. Dog walk – 30min. send photo of you and dog
2. Wii Sports – 30min. send photo of time/score
3. Tik Tok Dancing – 30min. send video
4. Wt. Lifting – 30 min. Possible signature if at a gym ex: Craig@HEBRON Fitness
5. Create a Workout – 30min. send copy of workout
6. Cardio – 30min. Send photo of time/distance

Ex: treadmill, elliptical etc

7. Phone Apps – 30min. or Steps Send a photo
8. Yardwork, housework etc.
   Take photo clean yard, garage, basement etc.

Send all emails or questions to me:

lamoore@lakewoodlocal.k12.oh.us