Three Dimine Classroom Multipurpose Outdoors Outdoors Equipment None Physical Activity Level Vigorous Safety • Remind students to be cautious when moving and to be aware of the personal space of others. Warm-up • Place students in groups of 4–6. Have students choose one student in each group to start as the leader. • Have the leader demonstrate one physical activity to increase heart rates. Have all students in the group repeat the activity for eight counts. • As the students are participating in the activity, as soon as the first one is complete. • Have the leader demonstrate and protein the activity as soon as the first one is complete. • Have the students inting rouges of 4–6. • Have the students inting orgether • Brouch the students inting orgether • Brouch the students inting orgether • Brouch the students inting orgether • Have the back and the group move to a new station with a new leader. • Have the students on the following activities: • jog to station 1 – do 20 jumping jacks • have the students on the following activities: • jog to station 3 – do 25 leags • jump to station 5 – do 10 tuck jumps • walk to station 3 – do 25 leags • jump to stop. Have of the student in each group to forgowh	T • •		Easilia	_			
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 Notes for Teachers Discuss with students different ways in which this activity could be done using other forms of movement. 			vity could be	Planning No	otes	and Reflection	