



Coach Foncham's Online Physical Education Class!

Melanie.Foncham@universalacademy.com

Kindergarten

Circuit Training

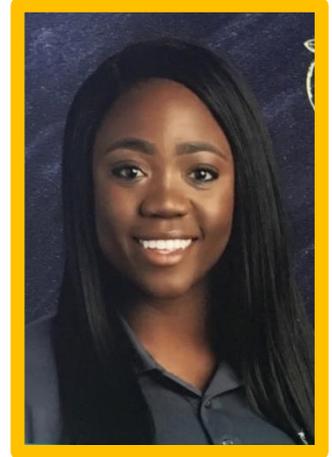
Monday <https://www.youtube.com/watch?v=dhCM0C6GnrY&t=326s>

Tuesday https://www.youtube.com/watch?v=L_A_HjHZxfI&t=97s

Wednesday <https://www.youtube.com/watch?v=5if4cjO5nxo>

Thursday https://www.youtube.com/watch?v=_97QFX3w1E4

Friday <https://www.youtube.com/watch?v=eIO2VnXSn08>



Circuit training is a form of body conditioning or resistance training that targets strength building and muscular endurance. An exercise "circuit" should work each section of the body individually.

Students will be able to demonstrate multiple forms of body weight resistant exercises accurately and independently. The students will learn basic muscle strength/endurance exercises and know the major muscle groups. Students will participate in sustained physical muscular strength activity that increases heart rate, breathing rate and body temperature.

Students will follow along, participating in the exercises. The video comprises exercises in intervals, moments of activities followed by time to rest. No exercise equipment is necessary for the workout, but I suggest that you grab a sweat towel and a bottle of water to keep nearby.

After the completion of the video, drink water and do some stretches. Do about 5 minutes of stretching those targeted muscles which were used, then about 3-5 minutes of stretching for muscles that were 'worked out,' holding stretches for 20-30 seconds.

1st grade

Circuit Training



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3rd grade

Circuit Training

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4th grade

Circuit Training

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Tuesday https://www.youtube.com/watch?v=fcN37TxBE_s

Wednesday <https://www.youtube.com/watch?v=Duv7r2ZvHZA>

Thursday <https://www.youtube.com/watch?v=bp556Q1v6NI>

Friday https://www.youtube.com/watch?v=GS_z6FG_jqE

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5th grade

Circuit Training

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High school

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