

## Introduction to P.E.

1. Read P.E. Mission Statement
2. Discuss Good Sportsmanship
3. Discuss Teamwork
4. Discuss Daily Routine
  - o Bathroom: No Playing, use it flush it, wash your hands
  - o Change and keep your clothes together
  - o Hydration, get some water
  - o Line up for exercises
  - o Uniform check
  - o Stretches (see Appendix A)
  - o Cardio Exercises (see Appendix B)
  - o Skills Development (Units 1 – 6)