

PE FITNESS EXERCISES



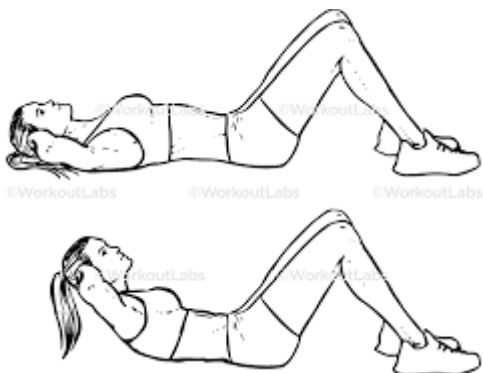
Star Jumps



Squats

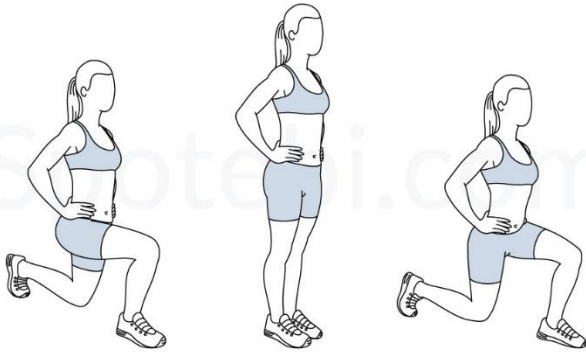


Plank



Crunches

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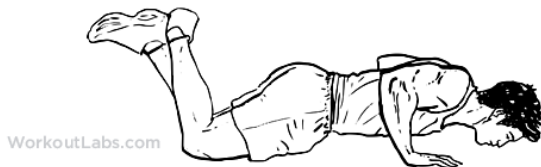
Lunges



Option 1-Press ups



Option2 – Knee press ups

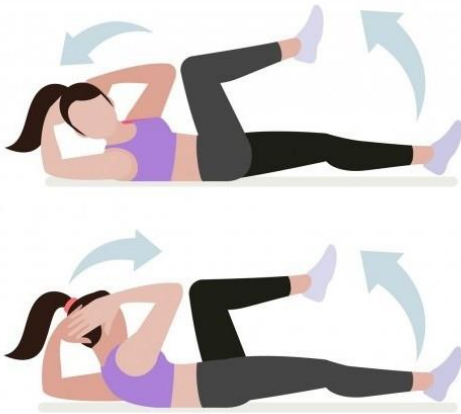


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High knees



Bicycle crunches



Calf raises