

# Design a warm up for your class

PE  
PRODUCTIONS

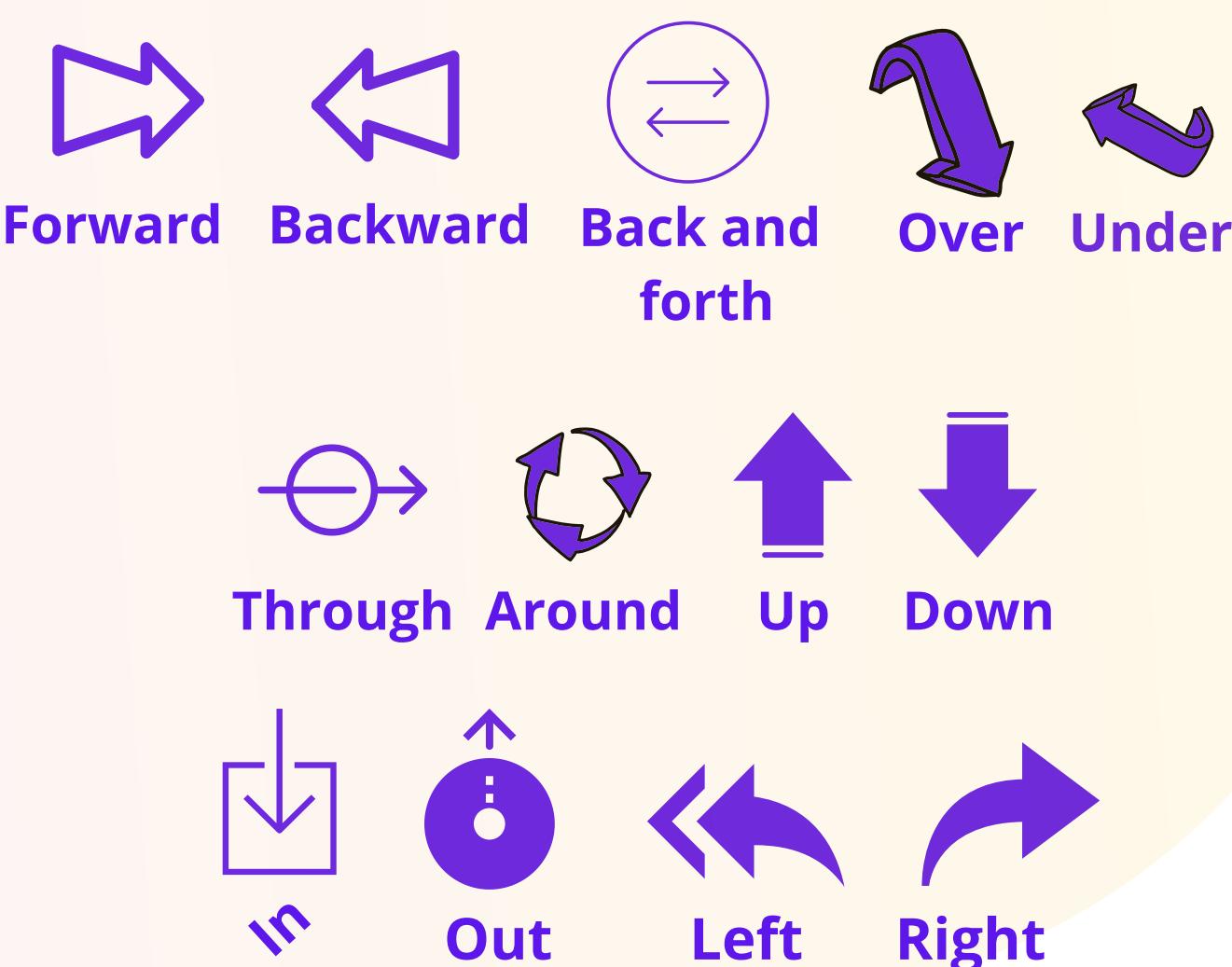
## 1) Choose an action verb



## 2) Focus on a part of your body



## 3) Think about movements and directions



## 4) Choose a rhythm



## 5) Use different expressions to change movement



## 6) Say the instructions out loud and engage your classmates!

