

BEGINNER WORKOUT PLAN

8 PILATES EXERCISES

10-MINUTE WORKOUT

WARM-UP



SIDE LEG LUNGES
10 REPS/SIDE



HORIZONTAL LEG RISES
10/12 REPS/SIDE



VERTICAL LEG RISES
20 REPS



GLUTE BRIDGE
20 REPS



SUPERHERO
15 REPS



SIMPLE CRUNCHES
15 REPS



FORWARD LUNGES
10 REPS/SIDE



LEG BICYCLES
60 SECONDS

COOL DOWN

FOR COMPLETE EXERCISE INSTRUCTIONS SEE THE FULL PILATES WORKOUT PLAN.



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ASAP website which gives teachers access to examples of ready to use activities and complete lesson plans as well as the ability to build their own lesson plans from the provided activities DPE will help current and future educators learn how to promote physical activity throughout the school day and beyond and they will be able to rely on a vast array of evidence based activities and instructional strategies to shape and deliver quality physical education programs The text is organized into four parts with part I exploring the factors involved in designing a quality physical education program Part II delves into how to deliver that program effective instruction classroom management assessment and evaluation inclusion of students with disabilities and more In part III readers investigate administrative issues including safety and liability advocacy and intramurals and sport clubs Part IV offers strategies ideas and examples for a variety of activities and units including introductory activities nontraditional activities and outdoor and adventure activities This latest edition of DPE features a full color interior for the first time as well as an improved design The book provides many features geared to helping readers get the most out of the content Learning objectives that set the stage for reading the chapter Teaching tips from experienced teachers and teacher educators Review questions to help students learn and prepare for exams Website lists and suggested readings to guide students toward additional helpful content A glossary to help students learn the language of the profession The content is designed to help students prepare for the edTPA which is required in 18 states for PETE graduates before they can receive their teaching license DPE comes with an integrated set of instructional tools including an instructor guide a test package and a presentation package with PowerPoint lecture outlines that include key figures and tables from the book DPE continues to be one of the most widely used and influential secondary physical education texts in the field It helps readers implement current best practices and equips students with the information they need to create engaging and meaningful PE programs

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