PE for ME: Images from class 2.
Concept Maps
Panasaya’s concept map.
Greg’s concept map.
Viewing concept maps.
Five Exercise Activities

Hiking: Outdoor activity; can be done in groups. No competition, good aerobic exercise, and you get to enjoy nature as well!

Snowboarding: Fun outdoor activity requires coordination and edge control on a board.

Wakeboarding: Similar to snowboarding, but on water and requires a boat.

Tennis: Played indoors or outdoors, team or individual. Match style competition requires good coordination and physical training.

Darts: Precision sport, fine motor control, match style.

Tyler’s concept map.
Getting to Work
Getting to work.
Getting to work.
Getting to work.
Build a “Machine” That Exercises Your Relationship to Gravity
Resistance running.
Antigravity.
Rings.
Build a “Machine” That Exercises Your Body as a Whole
Reverse situps.
Prep for flying training.
Flying training.
Air running.
Build a “Machine” That Exercise Perception
Exercise machine built for two.
Hands become eyes.