Ardrey Kell Physical Education Flex Routine (10-15 min)

1. HIGH KNEES(ALL THE WAY)
2. BUTT KICKS (ALL THE WAY)
3. POWER SKIP (ALL THE WAY)
4. KNEE TUCK TO TOE TOUCH(ALL THE WAY)
5. STRAIGHT LEG MARCH(ALL THE WAY)
6. OVER WALK(HALF WAY-TURN AND RUN)
7. UNDER WALK(HALF WAY-TURN AND RUN)
8. WALKING LUNGE(ALL THE WAY)
9. INCH WORM-PUSH UP(HALF WAY-GET UP AND RUN)
10. KNEE DRIVE TO HALF COURT(DECELERATE TO FINISH)