

WAKE COUNTY MODIFIED PHYSICAL EDUCATION

ONLINE LEARNING RESOURCE: SPECIAL HOLIDAY EDITION!

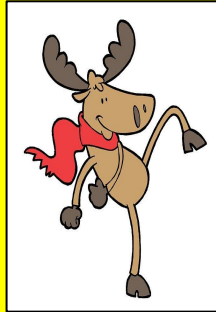
PEACE



**FOR WARM UPS, DANCE
& FITNESS YOU CAN USE
YOUR ARMS ONLY FROM
A SEATED POSITION**

WARM UP FUN

**CHOOSE ONE or DO
BOTH!**



DANCE



FITNESS



**CHECK OUT PREVIOUS
ACTIVITIES HERE**

