Instant Activity

Balance is the word, so let's create a balanced workout.

1. Go to the P.E. Playlist to create your workout.
2. Include exercises that work the entire body in your core workout.
3. Select at least five warm-ups, five cool-downs, and 20 exercises for your core workout.
4. Listen to your body—pause the workout if you need to take a break.
5. When you have finished your workout:
    1. Submit your document
    2. Complete the "Post Workout Survey"

P.E. Playlist Instructions

At the end of most Lessons, you will complete and submit an Instant Activity in addition to your Assessment. An Instant Activity is a quick 30-minute workout you will complete using the PE Playlist to create a custom workout. Look for the Instant Activity box on the Assessment page.

When you have finished your workout, follow these steps to submit your results to your instructor.

1. Select Finish Workout.
2. Select Print Workout at the bottom of the page.
3. Change the Print Destination to Save as PDF.
4. Select Save.
5. Submit your document to the gradebook for the Instant Activity.
6. Complete the Post Workout Survey on the Assessment page.