



- The PE Spot -

## P.E Lesson “Baby Shark Ab Challenge”

**Objective:** Students will be able to demonstrate 3 different ab workouts to a fun and enjoyable song of baby shark.

**Skills Developed:**

- Core Training
- Cardiovascular Endurance

**Materials:**

- Music from YouTube.com Baby Shark Remix  
<https://www.youtube.com/watch?v=KybAvaM3b90>

**Directions:**

- Students will participate in a fun DIY PE Game Baby Shark Ab Challenge.
- Students will need to perform 3 different ab workouts to a baby shark song.
- Students will need to try their best to do the 3 workout movements to the duration of the song.

### YouTube Video of Lesson:

Baby Shark Ab Challenge:  
<https://youtu.be/GDEjer2XSys>

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