**Title: Push up**  
  
**Type: athletics, warming up, bootcamp**  
  
**Lesson Goal:** **3 levels of push ups**

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| **Instruction** | **Differentiation options** | **Extra info** |
| Afbeelding met schermafbeelding  Automatisch gegenereerde beschrijving |  |  |
| **Field set-up:** | | |
| **Link to support/assessment document:** [**www.thephysicaleducator.com**](http://www.thephysicaleducator.com) | | |

**Additional pages if necessary:**