

# Physical Ed Distance Learning Plan Week of April 13 - 17, 2020

## Physical and Writing Activities

**Students that do NOT have access to technology or internet, complete the writing activities.**

### Tuesday

**Writing:** Today, write about the following prompt: "Is exercise important to your family?" Provide details about why it is or isn't. Be sure to include an effective introduction that makes others want to continue to read. You must write at least three paragraphs.

**Workout:** For your daily physical activity, search "Group HIIT Chest, Shoulders, & Core HIIT Workout" on YouTube. Do the 20-minute activity to ensure that you stay active during this time. Try to find items around your home. In your workout log, record a few sentences about how you feel after the workout. What was easy? What was challenging? What did you enjoy? What did you not enjoy?

### Wednesday

**Workout:** For your daily physical activity, search "Group HIIT Beginner HIIT for Weight Loss + Glutes & Calves Strength" on YouTube. Do the 20-minute activity to ensure that you stay active during this time. In your workout log, record a few sentences about how you feel after the workout. What was easy? What was challenging? What did you enjoy? What did you not enjoy?

### Thursday

**Writing:** Today, write about the following prompt: "If you could make a workout playlist what songs would you put?" Provide the name and the artist. You must write at least 15 songs.

**Workout:** For your daily physical activity, search "Group HIIT 20 min HIIT Workout for Inner Thighs, Glutes and Fat Loss" on YouTube. Do the 20 -minute activity to ensure that you stay active during this time. In your workout log, record a few sentences about how you feel after the workout. What was easy? What was challenging? What did you enjoy? What did you not enjoy?

### Friday

**All writing assignments due.**