

Pro-Vision Academy Charter School
Physical Education Distance Learning Plan

High School Physical Education
Distance Learning Plan
Week of April 6 - 10, 2020

Reading and Writing Activities
(Suggested: 90 minutes of off-line activities)

[Scholastic Learn at Home](#)

[ReadingIQ](#)

Monday

Physical Activity: Start on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling. Repeat ten times then switch sides. Repeat the exercise for 30 minutes.

Student Choice Reading: For your daily reading, read a book, magazine, newspaper, instruction manual or directions for a product (like a can of soup or anything in the pantry) for at least 30 minutes a day. You may also read books from [Scholastic Learn at Home](#) or [ReadingIQ](#). Keep a reading log that you will add to each day with a response to what you read. It could be a summary, critique of the text, any response to what you have read.

Tuesday

Physical Activity: Jump up with your arms and legs spread out like a star. Do this 10 times and rest and repeat. Repeat this exercise for 30 minutes.

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Wednesday

Physical Activity: As fast as you can complete:

10 Arm Circles front and back

10 forward punches

10 Raise the Roofs

Repeat 5 times

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Thursday

Physical Activity: In a plank position complete 30 of each:

-mountain climbers

-in and out feet

-knees to chest

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Friday

Writing:

Write down something you're thankful for and why.

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