

Physical Education

Distance Learning Plan

Week of May 11 – 15, 2020

Physical Education
(Suggested: 90 minutes of off-line activities)

Monday-Thursday

Writing:

Reflection – On a sheet of paper or in a Word document, explain the following prompts as is relates to this week's exercises:

1. My biggest challenges this week were...
2. I can improve on these challenges next week by...
3. My biggest successes this week were...

Working Out Using Fitness Intervals: Students will perform a physical workout using fitness intervals.

Daily Workout: Be sure to start with a warm-up to get your muscles ready for movement and end with a cool down and stretches to avoid soreness.

Example: Sit ups- 3 sets X 10 reps.

Set #1

3x10, Push-ups, sit-ups, & leg lunges (No rest between each movement in a set)

(60 sec rest after each set.)

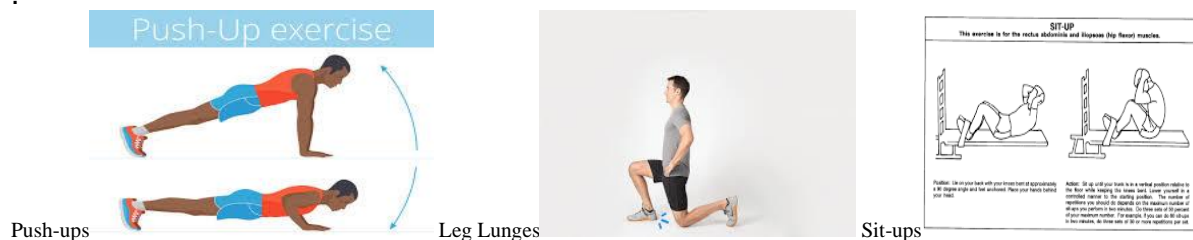
Set #2

3X10 reps. Push-ups, Sit-ups, & Leg Lunges (No rest between each movement in a set)

(60 sec rest after each set.)

Set #3

3X10 reps. Push-ups, Sit-ups, & Leg Lunges (No rest between each movement in a set)



Friday

Turn In Weekly Assignments!