

Pro-Vision Academy Charter School
Middle-High School Distance Learning Plan

Physical Ed Distance Learning Plan
Week of April 27 - May 1, 2020

Physical and Writing Activities

Monday - Thursday

Writing: Write an essay about physical exercise. Use the following questions to help write your paper. What do you like most about physical exercise? What do you like least about physical exercise? Have you enjoyed exercising during quarantine?" You must write at least three paragraphs.

Workout: For your daily physical activity, search "POPSUGAR 30 Minute Strength, Cardio, and Pilates Core Workout" on YouTube. Do the 30-minute activity to ensure that you stay active during this time. Keep a workout log that you will add to each day with a response to how you feel after the workout. What was easy? What was challenging? What did you enjoy? What did you not enjoy?

Friday

Writing assignment due