

# Physical Ed Distance Learning Plan Week of May 4 - 8, 2020

## Physical and Writing Activities

### **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...

**Writing assignment due by Friday, May 8, 2020.**

**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.

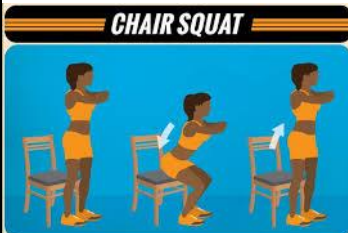
**Balance:** Stand on your right leg and lift your left knee at a 90-degree angle. Touch your toe without falling. Repeat 10 times then switch sides.

**Jump Lunges:** Complete a right leg lunge, while in the down position jump up landing in a lunge. Repeat 10 times.



**Vertical Jump:** Jump as high as you can for 30 seconds. Repeat.

**Chair Squats:** Stand about six inches in front of a chair. Squat until your buttocks barely touches the chair and stand back up. Repeat 10 times.



**Yogi Squat Pose:** Hold for 15 seconds rest and repeat 4 times.

