

Announcement

Everyone has been doing an amazing job with completely the activities. Due to earlier technical difficulties and issues getting used to the schedule during this difficult time, I have been extremely lenient with students not showing up on time to class or not being able to attend class in general. Your attendance to the zoom meeting will be part of your classwork grade. If for whatever reason you don't show up to class please have your parent email me with what happened. We will be having a Zoom meeting on the first class of your weekly class. Can't wait to see you guys. Have fun, stay safe, and see you soon.

Activity 1

Workout - Dice Challenge

Materials

2 Dice

Workout guide

Before all workouts do a warmup stretch

1. You and a friend both have one dice.
2. Player 1 rolls their dice and that roll represents the workout movement.
3. Player 2 rolls their dice and that represents the reps (quantity of the movement).
4. Both players have to do the movement together.
5. Alternate who rolls the dice for the workout and who rolls the dice for reps.
6. The game is over when all 6 workout movements are used up.
 - a. If you roll a number that was already rolled you still have to complete that movement.
7. *****ANYTIME YOU ROLL DOUBLE NUMBERS (1-1,2-2,3-3...) YOU DOUBLE TO REPS*****

After all workouts do a cooldown stretch

Dice Movements

1. Pushups
2. Sit ups
3. Plank (Dice Roll x 10 seconds- Example Roll 3 = 30 sec plank)
4. Burpees
5. Air Squats
6. Jumping Jacks

Activity 2

Fun Foods

Food doesn't have to be just cereal in a bowl. Using Google, find some fun foods that look pretty fun to make and looks even better to eat. I know supplies are tight, so work with what you have and don't be afraid to experiment.

