

Due Date: 5/3/20

1. Start off your day with a routine stretch. You may do the stretch that we do in class daily. stretching should last approximately 5 minutes.
2. Complete the “10 High Knee twist” from the *At Home Activities* chart I provided. Instead of doing just one set of 10, challenge yourself and complete 3 sets of 10.
3. **Reflect** on the day and fill out the activity log with the assignment as well as any other activities you did that day (eg. Bike riding, walking, basketball, football, volleyball, or any other sport, etc.)
4. Complete daily activity log throughout the week. Try to complete a minimum of 1 hour 30 minutes of total activities a week. At the end of the week before Sunday night please have your activity log uploaded to Archie.